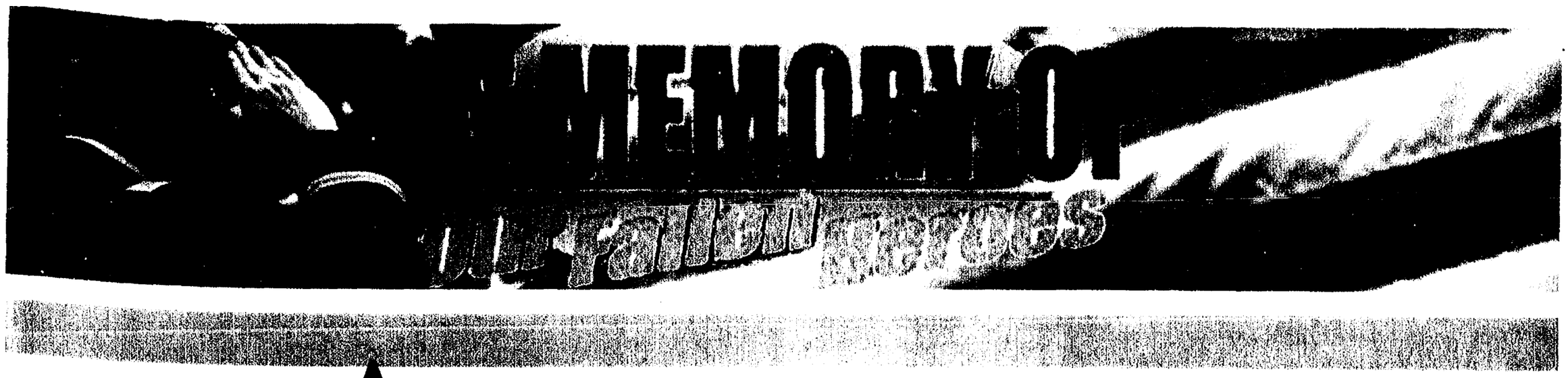


FIRST SECTION
• • •
Thursday, May 25, 2006

CRAWFORD COUNTY
AVALANCHE

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Bike Rodeo







Photos by Dan Sanderson

The Crawford County Sheriff's Office held its annual Bike Rodeo in the parking lot at the AuSable Primary School on Saturday. The Crawford County Deputy Sheriff's Association and Crawford AuSable Schools each purchase a bike, which are given away to youth. The Grayling Rotary Club hands out free bike helmets, and the staff from the Bicycle Shop were on hand to tune up youngster's bikes for the season. Above, Tammy Whitely helps her son, Brayden, put on his new bike helmet. Above right, Jordan Branch looks on as Steve Welke, a volunteer helping the Bicycle Shop, works on a tire. Below right, Sgt. Randy Herman tests Ashley Branch on her bicycle hand signals.

County to hire seasonal traffic safety officer

by Dan Sanderson
Staff Writer

Starting on Memorial Day, the Crawford County Sheriff's Office will have a deputy on the road assigned to handle traffic safety issues.

The Crawford County Board of Commissioners gave Sheriff Kirk Wakefield permission to hire the seasonal traffic safety officer last week.

The officer will work from Memorial Day to Labor Day, policing traffic accidents and patrolling the main roads which become more congested during the tourism season.

Wakefield had told county officials that he tried to assign a deputy to address traffic problems, but has had to shift duties to address various staffing issues at the department in recent years.

The traffic officer will only be pulled from his assigned duty in an emergency situation.

"If it's a life and death situation – absolutely – that's what we put the badge on for, but I want this program to succeed and the only way I can make it succeed is to make sure that this officer does nothing more than traffic enforcement," Wakefield said.

Wakefield told commissioners that the sheriff's office is handling about 400 complaints a month. He reinforced the fact that the millage to fund the 24-hour road patrol was to fund "bare bones" law enforcement in the county.

"They're basically running from complaint to complaint, and when they do get a chance to sit for a half hour or so in a spot working radar, they get pulled to handle a complaint," Wakefield said. "It's a never ending battle and it's a vicious circle, but that's the way it is, that's what we're here for and that's what we're doing."

County Administrator Paul Compo said it will cost $17,000 to fund the officer during the tourism season. The position is being initiated on a trial basis seasonally so that it does not have to be approved by the police officer's union, and the county is not obligated to pay insurance and fringe benefit costs.

County officials believe they will recoup the costs to fund the officer through fines imposed on traffic violations in district court. Wakefield will cover any shortfall in the program from his regular budget.

"We are trying to improve the safety in the community without diverting other resources to do that and we hope to recover our costs with an officer who will specifically concentrate on traffic," Compo said.

Historic preservation millage Ok'd for ballot

by Dan Sanderson
Staff Writer

Crawford County voters will be asked to decide a millage in August aimed at creating a pool of money that groups would be able to tap for historical preservation.

The Crawford County Board of Commissioners last week agreed to put the .002 of a mill historical preservation proposition on the Aug. 8 ballot. The millage, which would be levied for four years, would raise an estimated $108,608 in the first year.

County officials last week said they would establish guidelines under which historical preservation groups and museums would be able to apply for funds generated by the millage, then grants would be awarded for operating costs or for specific projects.

The Crawford County Historical Museum, the Lovells Township Historical Museum, the Michigan Museum of Military Transport, the Grayling Fish Hatchery Steering Committee and Wellington Farm Park were groups in the county which would be eligible for the funding.

In April, Michigan Museum of Military Transport Foundation representatives and local officials approached the county about putting the ballot proposal before the voters.

The Michigan Museum of Military Transport Foundation, which was founded in 1995, is seeking to lease or buy the former Grayling/City Township Fire station to start a museum where military vehicles and

Continued on Page 7A
See "HISTORIC..."

Stolen World War I pistol returned

by Dan Sanderson
Staff Writer

In time for the observance of Memorial Day, a World War I pistol stolen in Grayling a decade ago was returned to the family of the distinguished veteran last week.

The Grayling City Police Department returned a 45-caliber pistol, which had been stolen from the Crawford County Historical Museum, to Ralph Stevens last week.

The pistol belonged to the late Levi Stevens, who served in the Company B, 125th Infantry which assembled at Camp Grayling before it deployed for Europe for World War I.

Levi Stevens served as a ranger, was wounded in France

Continued on Page 7A
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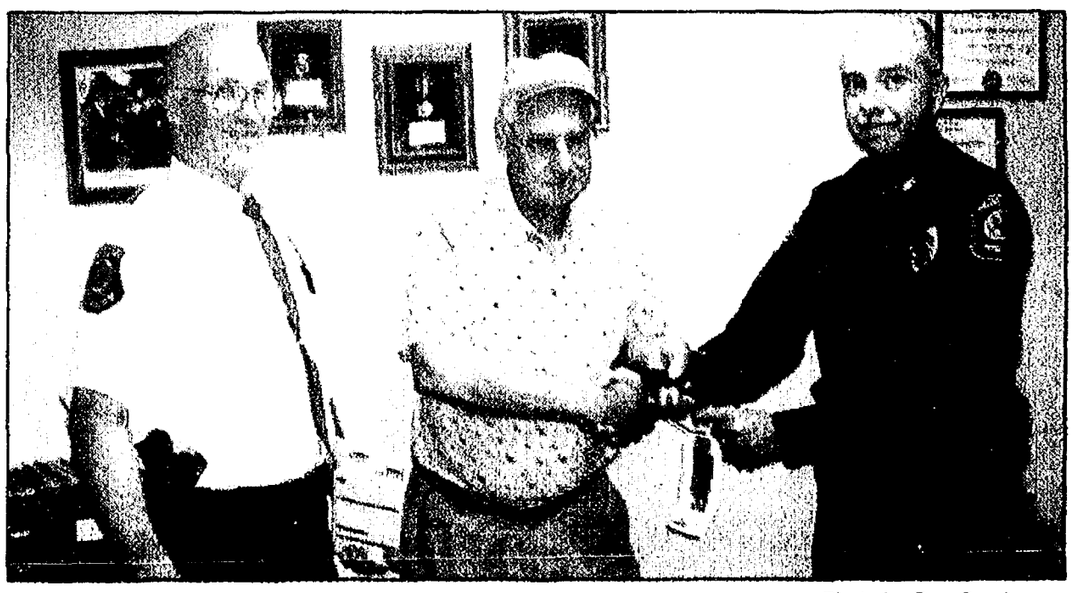


Photo by Dan Sanderson

A World War I pistol, used by the late Levi Stevens as he served in the Army in Europe, was returned to Grayling last week. Above, Grayling Police Department Detective Dennis Long hands the pistol to Ralph Stevens as Grayling Police Chief Karl Schreiner holds an evidence envelope containing a clip for the gun.

Headlines

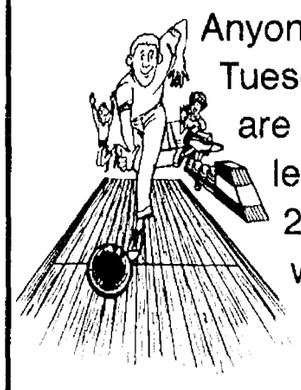
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Crawford County Avalanche

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SUMMER BOWLING LEAGUE

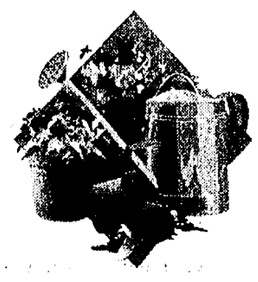


Anyone interested in bowling on Tuesday nights @ 7:00 p.m. We are forming a mixed doubles league to start on June 6, 2006 and to run for 10 weeks. If interested please call Sharon at 348-7232.

American Legion will be having Thursday open pool table and $2.00 margaritas from 5:00 p.m. till 12:00 a.m.

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Help Center moves into new addition

by Dan Sanderson
Staff Writer

Grayling postal carriers recently made a special delivery to the shelves at the Christian Help Center.

Earlier this month, postal carriers picked up dozens of items left by customers by their mail boxes, which were donated to the Christian Help Center.

The food drive is part of a national initiative organized by the National Association of Letter Carriers

"It's a lot of work, but its a good feeling to help out a good cause," said Jackie Cass, the officer in charge at the Grayling Post Office.

The donations from postal customers, which were valued at $1,332, are among the first items that will be placed in the Christian Help Center's new 560 square foot addition.

Gerry Schroeder, the coordinator for the Christian Help Center, said the new added space will allow volunteers to more efficiently service people who seek assistance by allowing for more storage and space to serve people when they come to agency.

"We've come along way from being the tiny organization that we were downtown to where we are now providing all kinds of emergency services," Schroeder said.

The Christian Help Center was founded in August, 1992. The agency is supported by gifts, grants and donations from local community service groups, businesses, churches and individuals.

The goal of the Christian Help Center is to provide food, encouragement, education, support and help to people in need.

The Christian Help Center has been authorized to conduct the local Toys for Tots program since 1998.

Schroeder said the new addition will provided much needed storage space for the Toys for Tots program, allowing toys collected to be kept on the main level of the Christian Help Center instead of the basement, which is hard to access.

"That is going to be a big-big help for them," Schroeder said.

Schroeder said that Christian Help Center volunteers have been seeing an increase in people seeking assistance, especially for emergency assistance such as paying utility bills or seeking gasoline vouchers.

"There are a lot of people who have been in families where they have had two incomes and maybe one parent has lost their job or both have lost their jobs and they are just squeezing everything to make it happen," Schroeder said.

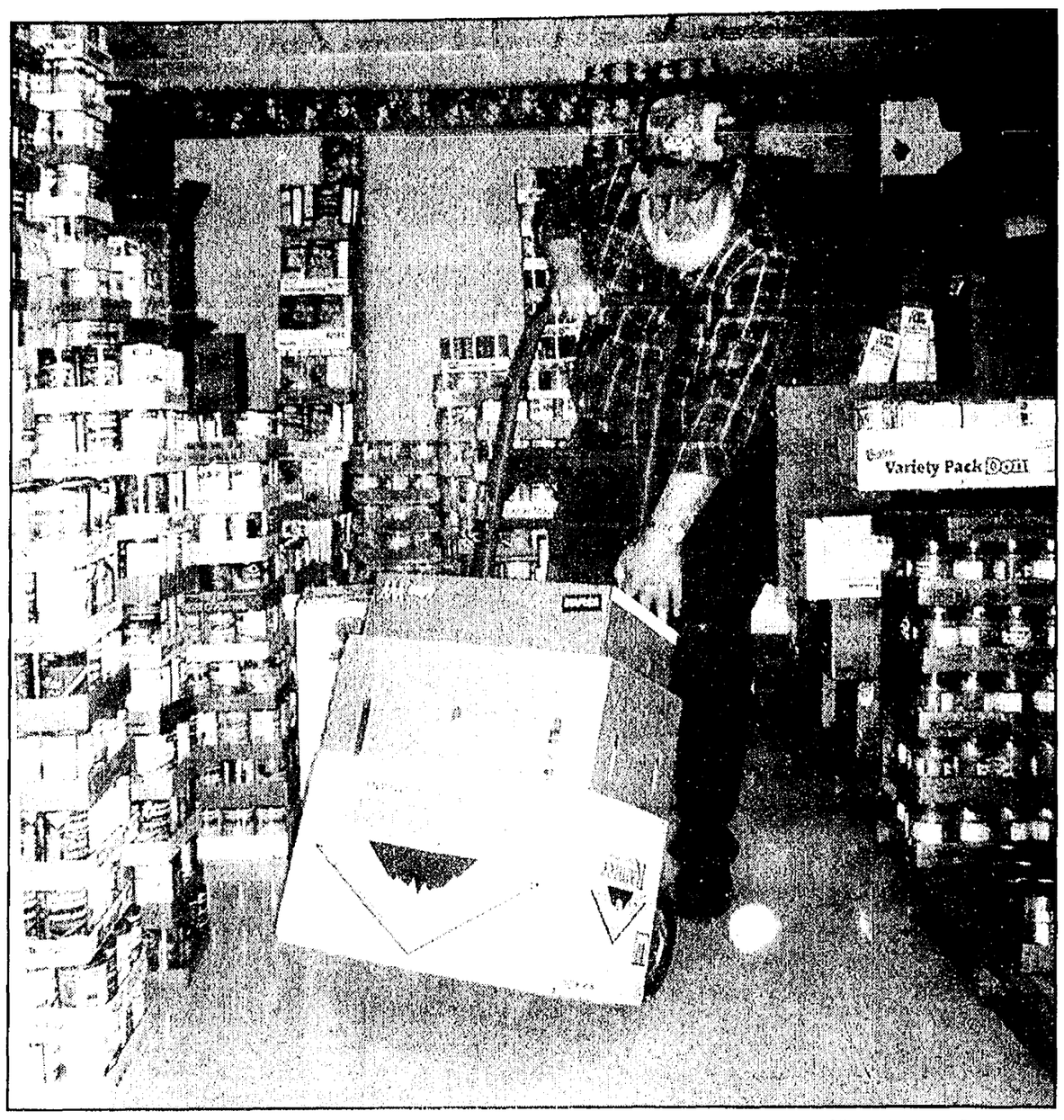
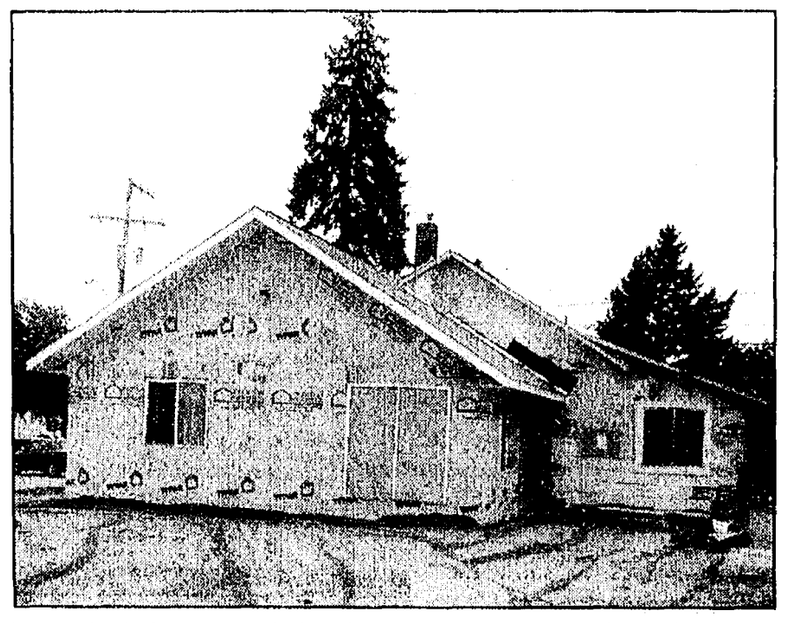


Photo by Dan Sanderson

The Christian Help Center recently started using its new addition to store food and other items. Above, volunteer Tom Gregg loads boxes of food on a dolly.



DEQ chief honors tire clean up efforts

by Dan Sanderson
Staff Writer

Michigan's top environmental watchdog recognized Weyerhaeuser and Grayling area officials last week for the community's annual scrap tire clean-up

Steven E. Chester, the director of the Department of Environmental Quality Director awarded Weyerhaeuser Grayling OSB the Neighborhood Environmental Partners (NEP) Gold Award.

The NEP Gold Awards Program was developed by the DEQ to recognize facilities and their community partners who have worked together to improve the environment by implementing ongoing environmental projects.

"This award recognizes Weyerhaeuser's commitment to Michigan, and to the local community," Chester said. "I am pleased to join with them today as a partner in protecting our environment, and growing Michigan's economy."

Chester highlighted Weyerhaeuser's work with its community partners to clean and beautify the community by collecting and disposing of used tires, and for its contributions to a local land conservancy.

Beaver Creek Township Supervisor Lee Riley and Grayling Township Supervisor Terry Wright coordinated the Crawford County scrap tire cleanup project two years ago. The annual program, which will be held this year on Saturday, June 17, allows business owners and citizens to get rid of scrap tires they have in storage or on their property.

Weyerhaeuser donated $3,000 in grants for the project and employees also volunteered for the scrap tire collection. AJD Forest Products lent a semi-tractor trailer and equipment for the project, and Waste Management donated roll-off dumpsters which were used to collect tires in outlying areas of the county.

"It is an honor for Weyerhaeuser to receive this award. This would not have happened without the strong commitment and relationship we have with our community partners," said Ian Faulkner, unit general manager for Weyerhaeuser. "We look forward to building this relationship in the future so our children and grandchildren will continue to benefit from the beauty of our environment."

The Crawford County Commissioners have contributed environmental grant funds to the scrap tire clean up, which is also supported by the City of Grayling and five townships in Crawford County.

"It's not just the people that get together to do the planning, it's the volunteers that make this happen," Riley said.

In December, Grayling and Beaver Creek Townships received a $18,750 DEQ grant to help remove thousands of tires from Weaver's Repair and Recycling Yard in Maple Forest Township and Wakeley's Auto Parts in Grayling Township.

Scrap tires serve as a breeding ground for disease carrying mosquitoes, create a fire hazard, can contaminate the soil and groundwater when they break down and create an eyesore.

Weyerhaeuser Grayling OSB is also an active member of the DEQ's Clean Corporate Citizen Program. Weyerhaeuser received their C3 designation on May 18, 2004.



Photo by Dan Sanderson

Steven E. Chester, the director of the Department of Environmental Quality awarded Weyerhaeuser Grayling OSB the Neighborhood Environmental Partners (NEP) Gold Award last week. Above, Chester is pictured with Kathi Moss, the Grayling Weyerhaeuser plant's environmental monitor, and Ian Faulkner, unit general manager for Weyerhaeuser.

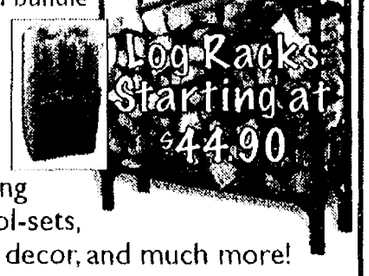
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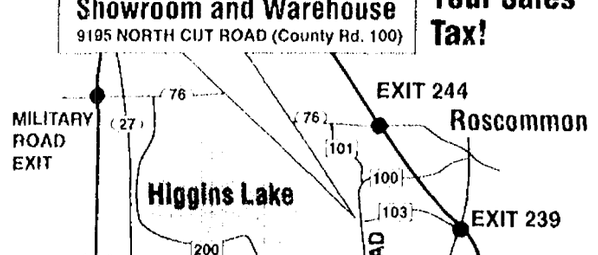


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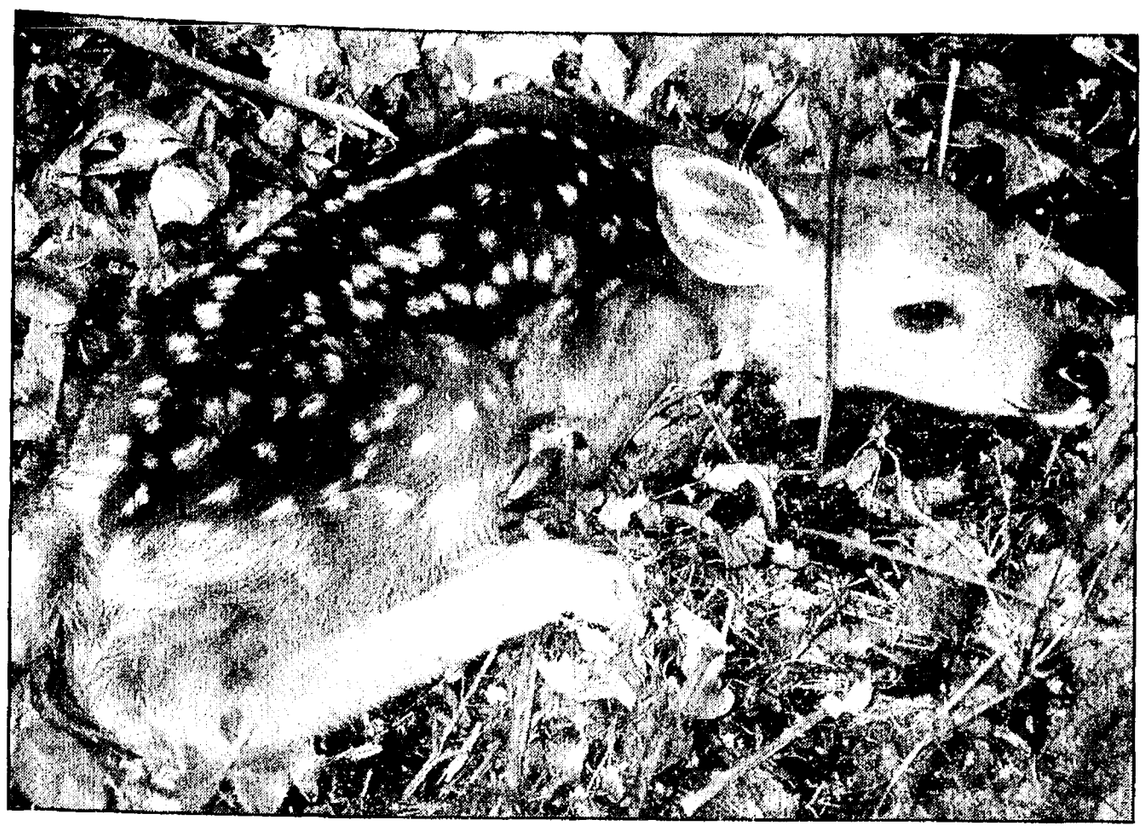


Photo courtesy of Tom Olszewski

This baby deer was spotted by Tom Olszewski at 4:00 p.m. on Friday across from Camp AuSable alongside M-72. The deer, who was still wet when this photograph was taken, had just been born. Aware that the mother was not far away, Olszewski was careful not to touch or disturb the animal in any way.

For the real summer deals, try garage sales

by Matt Seager
Staff Writer

There's nothing like a good bargain. Summer shoppers should know that the best summer deals won't be found at Old Navy or The Gap. Instead, it's time to check the newspaper listings and find a quality garage sale.

"I think a lot of people have fun doing it- looking for that great bargain or treasure," said Diane Tompkins-Burtch, who helped organize the rotary garage sale that took place last Saturday.

For being "only" a garage sale, the event attracted a fair bit of interest.

"We've had a lot of people in here," said Tompkins-Burtch.

In fact, at one point the huge Bear Archery factory parking lot was filled to capacity with vehicles, which goes to show the appeal of the annual event.

"All kinds of people like garage sales. It doesn't make any difference who you are," said Tompkins-Burtch.

This sentiment was supported by Grayling resident Shirley Curriston, who has been an avid garage sale enthusiast for 25 years.

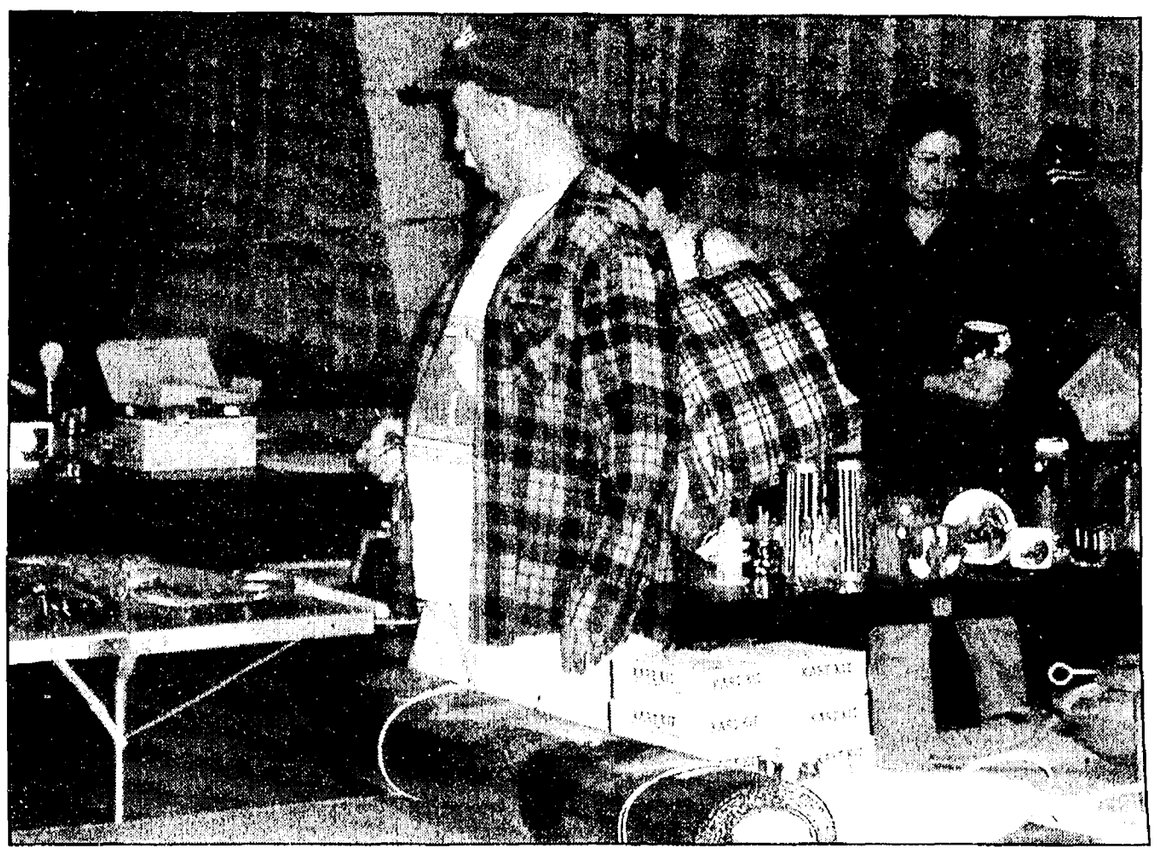
"That is my forte," said Curriston. "I used to go every weekend."

Curriston says that, as a young mother, her main motivation for hitting the garage sale circuit was to ease the costs of raising four kids. Over time, she accrued some expert knowledge that may be helpful to those who want to get the most bang for their buck.

According to Curriston, the best time to hit a garage sale is early in the week when it first opens, not on the weekend. Check listings for sales that start on Wednesday or Thursday. Checking these sales before the weekend rush will result in a wider selection and smaller crowds.

There is, however, one important exception to this rule.

"On big items, always go the last day if it's something that got priced too high," said Curriston.



The Grayling Rotary garage sale took place on May 20 at the Bear Archery factory and featured items that were donated by Rotary members. The proceeds help fund Rotary programs in the community. "It's been going great," said event organizer Diane Tompkins-Burtch.

By this time, the owner is simply looking to get rid of the item, so clever buyers are far more likely to get what they're looking for at a much reduced price.

Curriston had a few more tips that she was unwilling to divulge.

"I can't reveal all my secrets," she said.

Nonetheless, Curriston agrees that it is worth the effort to take the time to master the art of garage sale treasure hunting.

"Find the best bargain that you can find that somebody else missed...that's the thrill of the hunt," said Curriston.

Garage sales also offer great opportunities if you're on the selling side of the fence. The Grayling Rotary Club has been hosting a annual garage sale to support their charity activities for eight years.

Aside from having the potential to be very profitable, Tompkins-Burtch noted that the sales can be a less stressful way to make money.

"You have a chance to do something besides something really serious," she said.

To make the process of hosting your own sale a little easier, we have compiled these tips from a guide we discovered in our archives (author unknown):

1. "Visit local flea markets and sales in your area. Observe which items are most commonly offered and which are in demand from customers. Note the prices on these items."

2. "Take inventory of your household. Make a list of items in good condition that you can truly live without." The article notes that often, unwanted and unused gifts that are simply collecting dust will fall into this category.

3. "Find the true value of items that you own...you don't want to be taken advantage of by professional garage sale customers."

4. "Get organized...make sure items are clearly marked and displayed effectively. Make it easy for people to look through your offerings. If they're forced to wade through a lot of piles or clutter, they may get discouraged."

5. "Advertise your sale effectively. Give customers plenty of time to plan to attend your event...place an advertisement in the classified section of your paper. In addition, post clear signs leading to your home on major roadways, where they'll attract attention. This way you'll attract people aimlessly looking for a weekend pastime."

With these tips for hosting a garage sale of your own, there's no reason not to be prepared. Plus, a good sale is remembered by customers.

"Someone did say they look forward every year to our Rotary garage sale," said Tompkins-Burtch.

The parade will continue

The AuSable Festival Parade will continue this year and will be bigger and better than ever.

Don Mason, new to fulltime status, but a long time property owner, has agreed to take over the chairmanship of the parade. Along with him came some creative people with new ideas. Brian Ashton, Al Bondar, Diane Chamberlin, and Deb Bonkowski are working on getting bands to go with the Parade Theme of "Music, Music, Music." Not only will they be in the parade, but they will be playing around town after the parade.

Bonnie Cherven of Citizens Bank is keeping the finances straight beginning with the sale of "Save the Parade Buttons." They only cost $2 and are on sale at local stores. "It takes a lot of button sales to put on a parade," said Cherven.

Others helping include Lynn Hagon, Neal Michals, Jeddy Hood, Linda Stephens, Carol Herdrich, Sandy Moore, and Ann Stephenson.

"What is needed now is participation. What makes a parade (besides music) is the people who participate. The parade needs home town people, home town groups, home town kids," said Mason.

"If you belong to an organization begin now to work on a parade entry. You can ride in a car, march in a group, or ride in a truck," said Cherven. "You can advertise your group or your favorite charity or your upcoming fund raising activity."

"If you own a business, you should be in the parade. It's the best advertising you can get and it's free " Mason said.

Parade Committee meetings are held the first and third Thursdays of each month in the Holiday Inn dining room at noon. The public is invited.

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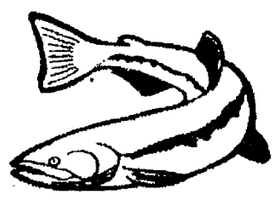
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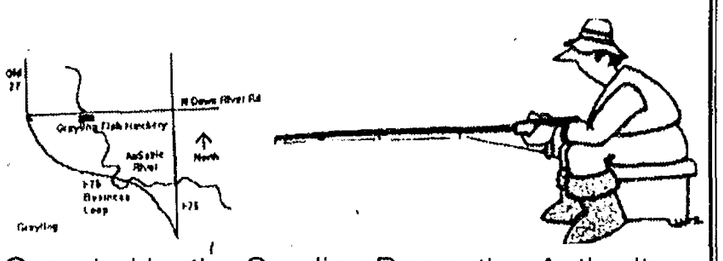
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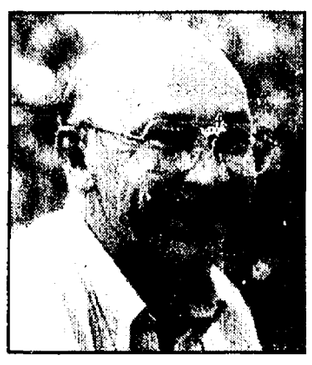


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OPINIONS



ALMANACK

by Richard L. Milliman

Mexican border adventure recalls earlier days

IMMIGRATION HAS leaped to the forefront of the American political agenda, including all its broad array of ramifications.

Rounding up thousands of illegal aliens who have been coming here for years for jobs or study or other reasons – and staying – and now shipping them out is a huge and probably undoable task.

Severe limitations on legal immigration run against the grain of many Americans who continue to embrace the Statue of Liberty promise of embracing the poor, the lonely, the huddled masses yearning to be free.

Perhaps the easiest idea to visualize is the border fence proposal by President George Bush. He wants a fence along the southern border between four states and Mexico, designed to keep the bad guys out and let only good guys in.

Mr. Bush proposes sending 6,000 or so National Guard troops on short stints to the border to make this project work.

What exactly will the Guard do? It's not real clear. According to news stories, the troops will have such tasks as training regular border guards, building vehicle barricades along the border, improving roads, providing support for aerial and ground surveillance, analyzing intelligence, and "other administrative support."

The White House doesn't say how much this adventure will cost, but claims the funds will come from present and other emergency military allocations.

Does any of this sound familiar? Analogies are not exact, but troubling nonetheless.

In the Middle East, American troops properly were assigned the military duties of defeating Iraqi and Afghan armed forces. Then they were expected to hang around to build roads and bridges and schools, aid local officials, gather and analyze intelligence, train local troops, and other non-combat duties. It has not worked out that way.

Fifty years or so ago, the first American aid to Vietnam ran along the same lines – help local government officials, train local personnel in both military and civil matters, provide guidance and counsel, gather and analyze intelligence, and perform other non-combat functions. It didn't work that way in Southeast Asia either.

I fully realize the Mexican border adventure is a great big stretch, and the Mexican border is a long way from Iraq, Afghanistan and Vietnam, both in miles and in context. But when military personnel are dispatched with rather vaguely prescribed purpose in a situation that does not directly imperil Americans, I quiver a bit and caution: Tread lightly.

Anyway, how effective are intermittent barriers of a few hundred miles when the border runs for 2,000 miles or so?

* * *

MEMORIAL DAY is upon us again. At the risk of offending regular readers by repetition, the Almanack offers the following thoughts, slightly updated for 2006:

"TRAGIC EVENTS America has faced during the past 12 months have added significance to Memorial Day this year."

That's the way our Memorial Day Almanack started in 2002, reflecting the memory of the more than the 3,000 non-combatant victims who died in the September 11 homeland terrorist attacks on the United States.

And that's the way our 2005 Memorial Day column began as well, reflecting again the deaths of America's men and women in military service who fell in Afghanistan and Iraq in what has stretched out to be long and bloody warfare.

Unfortunately the same introductory paragraph is equally as appropriate today.

Warfare in Iraq and Afghanistan continues. These are not traditional wars, in the standard military way, but the soldiers, marines and other military personnel who are killed are just as dead as victims of America's other more traditional wars.

In the non-traditional warfare in which America's military men and women are currently involved, more than 2,500 of them have died and more than 17,000 have been wounded.

Their loved ones experience the same depth of grief as victims in a traditional war. Their children are orphaned in the same way. Their injuries are just as painful and often just as debilitating.

War is deadly, even non-conventional war. Death is real. And another Memorial Day has rolled around.

Just as this 2006 Memorial Day message recalls words and thoughts from the 2002 Almanack, it now closes with thoughts and words from that same message four years ago:

Is it too much to hope that one of America's primary goals as a nation in both world and domestic affairs will be to end the spiral of wars and killing that keeps adding more and more American dead to our Memorial Day honors list?

Cannot America find and pursue other ways ... less deadly ways ... to conduct America's world affairs and still fulfill our proper role as world leader?

There's always hope.

\# \# \#

Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.

VIEWPOINT

By Board of Directors, Animal Shelter of Crawford County, Inc.

New animal shelter is moving ahead

Over the last few weeks there have been some misstatements made in the community regarding the Animal Shelter of Crawford County which have been brought to our attention. Now is the time to clarify things.

First of all, the new shelter project is rolling full steam ahead, as planned, and we should be breaking ground in late July or the first part of August. The site plan and conceptual drawings are finished and will soon be presented to Grayling Township for final approval.

David and Cheryl Millikin have graciously donated enough fencing to enclose our 2 1/2 acre site and we recently received a $10,000 donation from a part-year resident and long-time supporter toward construction. Many people in the community have made donations and many have told us they're interested in helping with site preparation and construction. That's wonderful, because this is a community project.

A new shelter is long overdue, and even though the Crawford County Road Commission has been very good to us, it's time to move on and build a better facility that can be easily cleaned and maintained, with more room for our dogs and a more humane "cageless" environment for our cats. It will be energy efficient, healthier for the animals and a facility that will bring pride to this community.

Like building a new library, renovating our high school and improving our hospital's emergency room, the construction of a new animal shelter will show the world how much we truly care about every member of our community.

The Animal Shelter of Crawford County, as a 501c3 nonprofit, membership-based organization, has taken on the burden of paying for this new facility instead of having the county go to the taxpayers with another millage request. But we still need your help. For instance, if every registered voter in Crawford County donated $10, we could raise $100,000 toward the $350,000 price tag. That would help lower our mortgage payments tremendously for years to come. We currently have over $96,000 dedicated to the project.

When the project is paid for, the facility will belong to the citizens of Crawford County as the site is located on county property, designated by the Michigan DNR for public use.

Finally, our organization will continue to seek out grants to help the public get their pets spayed/neutered and we will continue to schedule low-cost shot clinics. We know these things are important to you and to our mission to reduce the number of unwanted puppies and kittens, and to foster the overall good health of pets in our community.

Our goal is to continue to provide a safe, clean, comfortable and loving temporary shelter for those who come into our care. Without a new shelter, there will be nowhere in Crawford County for strays to find refuge, pets to be reunited with their owners, or adoption services for those unclaimed. We all know what will happen without a new shelter. We can't return to the past.

All donations are tax-deductible and can be sent to: Animal Shelter of Crawford County, P.O. Box 384, Grayling, MI 49738.

VIEWPOINT

By Crawford County Sheriff Kirk Wakefield

Memorial Day 2006 Buckle Up or Pay Up

The national safety belt enforcement mobilization takes place May 22 - June 4. Officers will focus increased attention on safety belt enforcement.

In 2005, Michigan reached its highest safety belt use rate ever, at 92.9 percent. For every one percent increase in belt use, an estimated 10 lives and 130 injuries are prevented in the state. (*National Highway Traffic Safety Administration)*

The mobilization is about saving lives, not just writing tickets. Buckling up makes a motorist safer in a crash. Traffic enforcement is serious crime fighting. Past mobilization efforts have resulted in drunk driving arrests, stolen vehicle recoveries and numerous felony and misdemeanor warrant arrests.

For many drivers, the threat of a ticket has proven to be a greater incentive to buckle up than the risk of death or life-altering injury.

Traffic crashes are the leading cause of death for ages 3 to 33. Teens and young adults constituted about 24 percent of all Michigan traffic fatalities in 2004, and safety belt use among young men is 10 percent below the statewide average. (*University of Michigan Transportation Research Institute)*

About 37 percent of the people who died in traffic crashes in Michigan in 2005 were not wearing their safety belts. (*Michigan Traffic Crash Facts)*

Federal traffic safety funds are supporting extra enforcement in 55 counties in Michigan. Officers will be conducting safety belt enforcement zones, strategically located enforcement marked by portable sings alerting motorists they are entering an enforcement area. In a safety belt enforcement zone, one officer serves as a spotter, radioing unbelted motorist information to nearby marked patrol vehicles who will pull over unbuckled motorists.

Times and locations of safety belt enforcement zones will be posted on the Michigan Office of Highway Safety Planning's web site, www.michigan.gov/ohsp.

Advertising, which will begin May 15, will warn the public about the statewide enforcement effort.

Sheriff Wakefield would like to remind everyone that the Crawford County Sheriff's Office will once again be participating in the Office of Highway Safety Planning's Memorial Day 2006 *Buckle Up or Pay Up: Click It or Ticket* mobilization.

LETTERS TO THE EDITOR

Your views are welcome on the Opinion Page. Letters may be typed or handwritten, but please double-space or use every other line and limit to 500 words.

Every letter must be signed and an address and telephone number must be included to be considered for publication. Letters will not be published without the author's name. Telephone numbers are not published.

All letters are subject to editing and will be printed as space allows.

Deadline for submission of letters to the editor is Friday at noon for consideration for publication in the following week's paper.

DISCLAIMER

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views and opinions of The Crawford County Avalanche.

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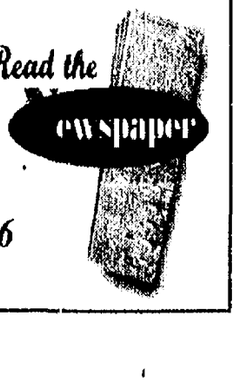
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Avalanche Sets Early Deadline

Deadlines For Memorial Day

The Crawford County Avalanche will be closed Monday, May 29 for Memorial Day, and will reopen at 9 am Tuesday, May 30.

The deadline for display ads for the June 1 issue is Thursday, May 25, 5 pm. Letters to the Editor must be submitted by noon, Friday, May 26. Classified ads by the word must be turned in by Tuesday, May 30 noon.

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BRIEFS

COA to host legal seminar

The Commission on Aging, at 308 Lawndale St., will be hosting a legal seminar at the Grayling Senior Center, on June 1 at 2 p.m. Diane Haley, attorney for Legal Services of Northern Michigan will present "Are your legal ducks in a row?" The topics covered will include: power of attorneys, living wills, conservators, guardianships, representative payees with Social Security, and wills and the probate process. For information call Alice Snyder at 348-7123.

COA to hold hot dog sale

The Senior Center will hold a hot dog sale on Friday, May 26 and Saturday, May 27, from 10 a.m. to 5 p.m., outside of the Dollar General store. A hot dog and drink will be $1, come and support the seniors in Crawford County. For more information, call the COA at 348-7123.

Church to hold Rhubarb Social

The "Little Log Church," Bear Lake Christian Church, 221 East Bear Lake Rd, Kalkaska, will be holding its 8th Annual Rhubarb Social on Sunday, May 28, from 12 p.m. until 3 p.m.

CASD to celebrate 2006 retirees

The Crawford AuSable School District is hosting a community celebration of the 2006 retiree's on Thursday, June 1, 4 p.m. - 6 p.m., at the Grayling Country Club, $5 per person, cash bar and the public is invited. At 5 p.m., the presentation of Retirement Bells will be presented by Joe Powers, Superintendent. Golfing will be at 6 p.m., for those interested. Retiree's golf free, all others cost is $15 for 9 holes and a cart. Call ahead for tee times at 348-5618.

Memorial Day service to be held

The 2nd annual Memorial Day service at The Evan Turner Soldiers Memorial, 501 Ogemaw, will be held at 2 p.m., Monday, May 29. The community is welcome. Bring blankets and picnic baskets for visiting after the service.

Boosters sponsor fund-raising night

The Grayling Youth Booster Club is partnering with Wendy's of Grayling for a Community Fund-Raising Night. A percentage of the sales from 5 p.m. to 8 p.m, on Tuesday, May 30, will be donated to the Booster Club. Booster board members will be present and encourage the community to support the club.

Church hosts all-you-can-eat luncheon

Michelson Memorial United Methodist Church, on Michigan Avenue, Grayling, will host an all-you-can-eat luncheon of hot casserole, a sandwich, salad, soup and dessert on Thursday, June 1, from11 a.m. to 1 p.m. The cost is $5 per person and take-out orders are available. Everyone is welcome.

Garden club to hold meeting

Beyond the Garden Wall Garden Club will meet on Thursday, June 1, at 7 p.m., at the Christian Help Center to tend the gardens, and then to the gardens at Hanson Hills and Michelson Church. Refreshments will be served at the church. For more information please call Cindy Cain at 344-1420.

Legion to hold Memorial Day Service

The American Legion Post #106 will be holding Memorial Day Services on Monday, May 29, at 10 a.m., at Elmwood Cemetery.

Summer Lunch Bag Program to begin

The Crawford County Community Christian Help Center will be providing Summer Lunch Bags to families with children who receive reduced or free lunches during the school year. You do not have to be a D.H.S. client or have a referral to qualify for this program. Working families with one or no income in the household can really tell the difference in the food budget during the summer vacation.

To sign up contact the HELP Center during regular hours: Monday-Wednesday-Friday, 11 a.m. to 3 p.m., beginning June 12.

If these hours are impossible, just call the HELP Center at 348-6046, leave a message and your call will be returned.

The program was very successful in 2005, serving 94 families and 222 children. Even more people are expected this summer.

Money to support this program comes from Great Lakes Energy, Crawford County United Way, E.F.S.P., the Community Foundation, and other donations of money.

Project GO-Free Fishing weekend held at Hartwick Pines State Park

Hartwick Pines State Park is inviting visitors to the park for special Project GO-Get Outdoors events on Saturday, June 10.

The park will host a children's fishing contest from 10 a.m. to 2 p.m. This is also Free Fishing Weekend so parents can fish for free, park officials said. Naturalist Jim McGrath will present "Live Critters" at 3 p.m. at the Michigan Forest Visitor Center and 7 p.m. at the campground.

To help celebrate Project GO-Get Outdoors, Waters RV will have camper displays in the day use area of the park. Guided bike tours of the mountain bike trails throughout the park are scheduled and Bob Smith from The Bicycle Shop in Grayling will be on hand to answer questions about mountain biking.

Other events throughout the day include Logging Museum demonstrations and guided tours of the Old Growth Trail.

Hartwick Pines is located northwest of Grayling on M-93, Exit 259 off I-75. All motor vehicles entering a state park or recreation area must display a Motor Vehicle Permit. Permits are available for sale at the park entrance. Cost is $24 for a Michigan resident annual and $6 for a Michigan resident daily. A non-resident annual permit is $29 and a non-resident daily permit is $8.

The Department of Natural Resources is committed to the conservation, protection, management, use, and enjoyment of the state's natural resources for current and future generations.

Crawford AuSable School District to honor veterans

The Crawford AuSable School District will hold a veterans ceremony at Grayling High School on Memorial Day, May 29, at 2 p.m., for all service members, friends and relatives to honor those who have faithfully served their country.

A program entitled "Military Hall of Honor" was introduced by Jim Tobin, former Board Member, at the annual Veteran's Day Assembly at Grayling High School on November 11, 2004. The dedication of the "Hall of Honor" was held on Memorial Day 2005, with 682 names. A group of dedicated Crawford County Veterans have continued to work at getting additional names to add to the list since this program was introduced. They have been able to add an additional 234 names for the 2006 ceremony. These include soldiers, sailors, airman, and marines who have served our country and attended Grayling or Frederic High School.

The Military Hall of Honor pays tribute to those who have served actively in our past wars with plaques that represent the veterans of WWI, WWII, Korean War, Vietnam War, Gulf War and the present war in Iraq as well as in non-combat situations. Each plaque is designated with the service member's name and military branch in which they served.

It is their hope that they can get every Crawford County service member's name who has served or is currently serving this great nation.

If you have information on a former Grayling or Frederic student you would like to see added to the Grayling High School's "Military Hall of Honor," please call Nancy Wells at 344-3500 or leave a message at 344-3754 with the following information: name of service member (please spell), dates of service, branch of service, and whether or not the service member served in active combat. Please leave your name and phone number where you can be reached in case of questions.

Kirtland coach offering basketball camps for players in grades 4-12

She's "Stuck on basketball" and she'd like other players to join her and share in the enjoyment. That's Teresa Stuck, women's basketball coach and athletic director at Kirtland Community College, and she's once again hosting two three-day "Stuck on Bball Camps" for boys and girls in fourth through 12th grades.

The camps takes place from 10 a.m.-3p.m. each day at Houghton Lake High School, with a boys camp being hosted Sunday through Wednesday, June 12-14, and the girls camp taking place Thursday through Saturday, June 15-17.

All players who are interested in improving their basketball skills this summer are encouraged to participate and receive tips and practice in ball-handling, shooting and many other facets of the game.

Stuck has participated in camps all over the country and said she is excited to be able to combine the best of those experiences and offer that to local players. Her belief is that "teams are made during the season, but players are made in the off-season."

"You will leave camp with plenty of new ideas and drills to work on in order to improve your game and take it to the next level," Stuck said, noting that fun and learning will go hand in hand.

Registration cost is $60 before Thursday, May 25, or $70 after that or at the door. Registration forms can be picked up at area schools and many businesses, or call 989-275-5000, ext. 385, for further information.

RANGE FIRING

Range firing scheduled for the period of May 25 - 31 is as follows:

The Range 40 Complex, Air to Ground, located north of County Rd. 612, east of Guthrie Lake, south of Old State Rd. 618, and west of County Rd. F97 (Twin Bridge Rd.) will be conducting live and inert bombing operations by the Air National Guard during May 25 and May 30 - 31.

Small Arms Ranges located west of Lake Margrethe, north of Howe Rd., east of the gas pipeline and south of Portage Creek. May 22 - 26.

The Range 30 Complex, located north of North Down River Rd., east of Jones Lake Rd., south of County Rd. 612, and west of Bald Hill Truck Trail. May 25 - 28.

In addition, the following roads will be closed on May 25 - 28, Bucks East - West Truck Trail from Jones Lake Road to Bald Hill Truck Trail, Ketchum Truck Trail from Bucks East-West to N. Down River Rd., Stephan Bridge Rd. from County Rd. 612 to N. Down River Rd., and Wakeley Bridge Rd. from County Rd. 612 to N. Down River Rd.

Heavy weapons range firing is scheduled from sunrise until three hours after sunset. Due to mobilizations or critical training requirements, the Post Commander may authorize mission-firing requirements beyond this time. This firing schedule is subject to change without notice to the public.

Contact the Grayling Department of Natural Resources for the areas closed for hunting within the boundaries of the installation. Grayling DNR telephone number: (989) 348-6371. For further information call 1-989-344-6320.

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The Bible Speaks

Moralists are Condemned Without Respect of Persons

It does not matter what reputation we have, what family we come from, what church we belong to, how rich we are, or what country we belong to, God will judge us without respect of persons.

God shows no respect of persons in punishment. "Tribulation and anguish, upon every soul of man that doeth evil, of the Jew first, and also of the Gentile." (Rom. 2:9). God told Israel in Amos 3:2 that because God choose them first of all the nations they would be punished first also. "2You only have I known of all the families of the earth: therefore I will punish you for all your iniquities." This principle is repeated in 1 Pet. 4:17: "17For the time is come that judgment must begin at the house of God: and if it first begin at us, what shall the end be of them that obey not the gospel of God?" As Peter said to the Jews in Acts 3:26: "26Unto you first God, having raised up his Son Jesus, sent him to bless you, in turning away every one of you from his iniquities. "As Jesus taught us in Luke 12:47: "And that servant, which knew his lord's will, and prepared not himself, neither did according to his will, shall be beaten with many stripes." This verse includes the sins of omission as well as commission.

Just as God shows no respect of persons in punishment, God shows no respect of persons in praise. "But glory, honour, and peace, to every man that worketh good, to the Jew first, and also to the Gentile." (Rom. 2:10). "30Wherefore the LORD God of Israel saith, I said indeed that thy house, and the house of thy father, should walk before me for ever: but now the LORD saith, Be it far from me; for them that honour me I will honour, and they that despise me shall be lightly esteemed." "....The righteous shall be in everlasting remembrance." (Psa. 112:6b). ".... To him that soweth righteousness shall be a sure reward." (Pro. 11:18). As Jesus said in John 12:26: "If any man serve me, let him follow me; and where I am, there shall also my servant be: if any man serve me, him will my Father honour." "Mark the perfect man, and behold the upright: for the end of that man is peace." (Psa. 37:37). As Jesus taught His disciples in John 14:27: "27Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

And last, there is no respect of persons with God in principle: "For there is no respect of persons with God." (Rom. 2:11). Deut. 10:17 teaches us that God "regardeth not persons, nor taketh reward." 2 Chr. 19:7 teaches us, "....there is no iniquity with the LORD our God, nor respect of persons, nor taking to gifts." Job 34:19 teaches us, "How much less to him that accepteth not the persons of princes, nor regardeth the rich more than the poor? For they all are the work of his hands." Our creator is not influenced by our power or wealth. Even false Religious leaders and politicians in Matthew 22:16 while trying to destroy Him recognized His fairness: "....Master, we know that thou art true, and teachest the way of God in truth, neither carest thou for any man: for thou regardest not the person of men." As Peter said in 1 Pet. 1:17: "17And if ye call on the Father, who without respect of persons judgeth according to every man's work, pass the time of your sojourning here in fear." Remember 1 John 1:9! Pastor "B"

The Bible Speaks is a paid advertisment and does not necessarily reflect the views and opinions of the Crawford County Avalanche.

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2nd & 4th Wednesday ..... 7 pm
Sunday School ..... 10:30 am

Michelson Memorial United Methodist Church
Pastor: Dr. Ralph W. Janka (interim)
400 Michigan Ave. • 348-2974
Website: www.mm-umc.org
Barrier Free
Sunday Worship ..... 8:30 & 11 am
Sunday School (preschool - 3rd grade) ..... 11 am
Adult Sunday School ..... 9:45 a.m.
Children's Sunday School 11am
(Childcare Available)

Seventh Day Adventist
Pastor David Jorgensen
Phone 989-275-1061
Services held Saturday at
Camp AuSable off M-72 East
(1st building on right inside camp entrance)
Saturday Church Service ..... 9:30 am
Saturday Sabbath School ..... 10:30 am
Tuesday Prayer Meeting ..... 7 pm

Lovells Community Chapel
(Bible based & non-denominational)
Pastor Larry Hankins
Associate Pastor Tom Faunce
8133 Bald Hill Rd. • Lovells
989-348-2701
Sunday School (youth & adult) ..... 10 am
Morning Worship ..... 11 am
Wed Prayer & Bible Study ..... 7-8 pm

Free Methodist
Rick Secord - Pastor
6652 (M-72 W.) • 348-9093
Early Service ..... 8:30 am
Sunday School ..... 10 am
Morning Service ..... 11 am
Prayer Meeting (Wednesday) ..... 7 pm

Emma Lowery United Church Of Christ
3474 West Park Road, Luzerne
Sunday Worship ..... 11 am
Adult and Youth Sunday School ..... 9:30 am

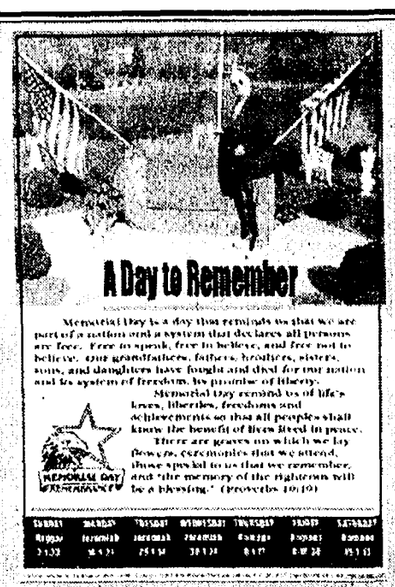
Heritage Baptist
Pastor Ernie Wagner 348-1411
heritagebaptist-grayling.org
1841 Hartwick Pines Rd.(1/4 mile west of I-75)
Sunday School ..... 9:45 am
Morning Worship ..... 11 am
Evening Worship ..... 6 pm
Wednesday ..... 7 pm

Grayling Assembly of God
Pastor Gary Wojdan
701 S. I-75 Business Loop
Parsonage 348-7466
Sunday School ..... 9:30 am
Morning Worship ..... 10:30 am
Evening Service ..... 6 pm
Family Night Adult-Youth-Children (Wed) ..... 7 pm

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Sunday Worship ..... 10 am

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Sunday Worship ..... 11:00 am

First Baptist Church of Frederic
Pastor Dale Hammond
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Morning Worship ..... 11 am
Evening Worship ..... 6 pm
Wed. Prayer & Bible Study ..... 7 pm



The Church of Jesus Christ of Latter Day Saints
President David Page
600 North Elm Street, Gaylord
Sacrament ..... 10 am
Sunday School ..... 11 am
Primary ..... 11 am
Priesthood ..... 12 noon
Relief Society ..... 12 noon

Burning Bush Tabernacle
Pastor Patricia Petrie, 348-1278
501 E. Michigan Ave., Grayling
Sunday School ..... 10 am
Sunday Service, Children's Church and Youth Service ..... 11 am
Sunday Evening Service ..... 6 pm
Monday Prayer Meeting ..... 7 pm
Wednesday Service ..... 7 pm
Friday Prayer Meeting ..... 7 pm
(van transportation available)

St. John Lutheran (ELCA)
710 Spruce Street
348-5224
Sunday School ..... 9:15 am
Sunday Worship ..... 10:30 am

Community of Christ
Pastor Carol Stephan
North Down River Rd. at
1030 Glenn Rd. • 348-9751
Church School ..... 9:45 am
Preaching ..... 11 am
Midweek Service Prayer ..... 7 pm

St. Mary's Roman Catholic Community
Robert W. Naffey, J.V., Pastor
Parrish Office - 708 Peninsular - 348-7657
Worshiping at K of C Hall
Norway & M-72 West
Saturday Vigil Mass ..... 4:30 pm
Sunday Masses ..... 10:00 am
Daily Masses
Wednesday & Fridays ..... 8:30 am

St. Francis Episcopal
Reverend Elizabeth Chace
M-72 West • Office 348-5850
Morning Prayer Tues-Fri ..... 8:30 am
Eucharist (Wed) ..... 8:30 am
Sunday Holy Eucharist ..... 8:30 & 10:30 am

Resurrection Life Fellowship
Pastor Bud & Debbie Mann
Sunday Service ..... 10:30 am
Mid Week Services (Wed) ..... 7:00 p.m.
are held at Milltown Corner Building
(Behind Cornell Real Estate)
Mail:9141 N. Cut River Rd Roscommon, MI 48653
Phone: 989-348-9382 or 989-821-6722
E-mail: reslifefellowship@hotmail.com

Calvary Baptist Church
Dr. Robert Barnett, Pastor
M-72 West
Sunday School ..... 9:45 am
Morning Worship ..... 10:30 am
Evening Worship ..... 6 pm
Wednesday ..... 7 pm
Prayer & Awana Club (Wed.) ..... 7 pm

Church of Christ
Old US-27 at Skyline Rd. • 275-8613
In Search of the Lord's Way
Sunday Mornings on
TV 29 & 8 ..... 7:30 am
Sunday Classes ..... 10 am
Sunday Worship ..... 11 am
Sunday Evening ..... 6 pm
1st Sunday Evening of every month there is no service.
Mid-Week Bible Study (Wed) ..... 7 pm

Abundant Life Tabernacle
Pastor Lyle Studer
211 Shellenbarger St. • 348-5325
Sunday School ..... 10 am
Sunday Worship ..... 11 am & 6:00 pm
Wednesday Evening ..... 7 pm

Grayling Baptist Church
Affiliated with S.B.C.
Pastor John Scott
705 Madsen St. • Grayling • 348-2557
Sunday School ..... 9:45 am
Morning Worship ..... 11 am
Evening Service ..... 6 pm
Wednesday Service ..... 7 pm

Bear Lake Christian
Pastor David Rosenberg
Associate Pastor Scott Hoffer
M-72 & East Bear Lake Rd.
Sunday Church Service ..... 10 am - 6:30 pm
Sunday School ..... 9 am
Bible Study (Wed.) ..... 7 pm
Youth Group 2nd & 4th Wed. ..... 6:30 pm

Luzerne Baptist
Pastor James Durfee
2247 Durfee Lane
Sunday School ..... 10 am
Sunday Morning Worship ..... 11 am
Sunday Evening Worship ..... 6 pm
Wednesday Bible Study ..... 7 pm

Harvest Time Church of God
Pastor Fred Coates
506 North Birch St., Kalkaska • (231) 258-3448
Sunday School ..... 10 am
Worship Service ..... 11 am & 6 pm
Family Training Hour and Prayer (Wed) ..... 7 pm

Mt. Hope Lutheran Church (LCMS)
(989) 348-5921
905 N. I-75 Bus. Loop,
at the junction of M-93 & Old 27
Summer Worship:
Saturday Worship ..... 7:00 pm
Worship Service ..... 10:30 am

Unity Church of Today North
Terry Dickinson, Minister
Virtual Church--an Email Bible Study available at tlnrd@freeway.net

St. Martin Ev. Lutheran (WELS)
Douglas Carter - Pastor
For information call 989-390-5920
The Roscommon Community Center,
Sunday ..... 9 am
510 South St., Roscommon, MI.

Friendship Church
A Christian Reformed Ministry
Rev. Dick Oberg, Pastor
415 Ohio North, Gaylord
Sunday School ..... 9 am
Morning Worship ..... 10 am
Tue. Women's Bible Study ..... 10 am
Wed. Men's Bible Study ..... 12 noon

This Church Directory is used by residents and visitors. If you wish to show your support for area churches, call the Avalanche at 348-6811, to be included on this page.

OBITUARIES

Hugo Klatt

Hugo Klatt, 94, of Frederic, died on May 16, 2006, from complications of an auto accident.

Hugo moved to Frederic from Warren in 1997, following his niece and nephew, Daniel and Christine Klatt, when they purchased Pineview Military Surplus in Frederic.

He was known as "Unk" by family and friends and enjoyed sitting in the surplus store chatting with customers and watching the activity. He was an avid bowler in his younger days, and bowled a 300 game in 1947 and he was very proud of that accomplishment.

He is survived by Dan and Chris; great-nephews, Rob, and Charles; niece Mary, and great-great nephew Charlie.

In Memory of

William B. Scheer

No length of time will break the ties that bound our lives together. We love you and miss you. "May God hold you in the palm of his hand."

Love always,
Your family

SENIOR CITIZEN NEWS

Join us for a meal, either at noon or 5 p.m. weekdays except Friday, when there is no evening meal. Please try to call for reservations at (989) 348-7123 or 1-888-355-4500, so that we know how many to plan for.

This week's menu (lunch/dinner) and activities:

Friday, May 26 - Lunch - baked chicken, potatoes and peas, stewed tomatoes, and pineapple. No Dinner. 10 a.m. -5 p.m. hot dog sale, 1 p.m. Stagette Club and Pantry Bingo.

Saturday, May 27 - 10 a.m. to 5 p.m., hot dog sale.

Monday, May 29 - Closed -

Tuesday, May 30 - Lunch - Swedish meatballs, asparagus, glazed carrots, and pineapple. Dinner - baked chicken, mashed potatoes with gravy, Brussels sprouts, and pears. 10 a.m. tenant council meeting, 12:45 Euchre.

Wednesday, May 31 - Lunch-baked pork chops, O'Brien potatoes, broccoli, and applesauce. Dinner - stuffed cabbage, boiled potatoes, spinach, tropical fruit salad, and brownie. 10 a.m. line dancing.

Thursday, June 1 - Lunch-beef baked ziti, peas, corn, and peaches. Dinner- beef tips and noodles, zucchini, mixed vegetables, and Mandarin oranges. 10 a.m. aerobics and craft class, 11 a.m. - 12 p.m. blood pressure/sugar checks, 5:30 p.m. speaker - Legal Issues, and Uno Attack.

The Crawford County Commission on Aging's Senior Center is located at 308 Lawndale, behind Burger King in Grayling. Walk-ins are welcome.

Scott, Mallison wed



Jessica Scott and Jeffrey Mallison

Jessica Scott and Jeffrey Mallison were united in marriage on March 25, 2006 at Messiah Lutheran Church in Roscommon. The ceremony was officiated by Pastor Andrew Gookin.

Jessica is the daughter of Jeff Scott and Shirley Sanders, both of Grayling.

Jeffrey is the son of Pete and Donna Mallison of Thompsonville.

Erin Akers was the matron of honor, Joe Smock was the best man. Serving as groomsman was Troy Herblet and Rick Frye as bridesman.

A reception was held at the K of C Hall in Roscommon.

Schwartz, Gabriel engaged



Jessica Schwartz and Matt Gabriel

The families of Matt and Patty Gabriel, of Frederic; Annette Bissell, and Scott and Michelle Schwartz, of Grayling, would like to announce the engagement of their children, Jessica Ann Schwartz and Matthew Mark Gabriel Jr.

The couple is planning a July 2007 wedding.

DISTRICT HEALTH #10 COMMUNITY CALENDAR

District Health Department No. 10, Grayling office, has scheduled the following clinics/classes for June.

Immunization clinics: June 7 and 21 by appointment, call (989) 348-7800.

Family planning clinic: June 6, 13, 20 and 27. Call (989) 348-7800 for appointment.

WIC clinics: This program provides supplemental foods and nutrition education for eligible pregnant and breast feeding women, infants and children: June 7, 8, 9, 12, 15, 19, 21, 22, 26 and 28. Call (989) 348-7800 for an appointment.

OSHA Bloodborne Pathogen Standard Training sessions: For information call (231) 876-3839.

Breast and cervical cancer screenings: Available to women ages 40-64 who have limited or no health insurance. A clinic is scheduled June 20 in Grayling. Call 1-989-348-7800, ext. 8042. for an appointment.

Hearing and vision screenings: This is a free program for children ages three years to third grade. Appointments are necessary. Clinics are being held in Crawford County on June 9 at the Head Start Building in Grayling.

Call (989) 348-7800 for an appointment.

The Crawford County branch office of District Health Department #10 is located on Meadows Drive, east of the South I-75 Business Loop, in Grayling.

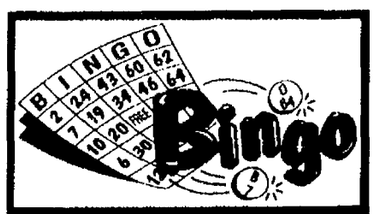
SHERIFF'S REPORT

Crawford County Sheriff Kirk Wakefield reports his office handled the following 93 complaints the week of May 15 - May 21:

Two EMS responses, three false alarms, one criminal sexual conduct/sexual assault, five assault/intimidation/stalkings, one aggravated assault-non-family-gun, four burglary/home invasions, four larcenies, one unauthorized use-vehicle, two fraudulent activities, two damage to properties, one retail fraud third degree, one drug/narcotics violations, one synthetic narcotic-sell, one family offense/abuse/neglect, one weapons firing, nine public peace/disorderlies, three health and safeties, one miscellaneous criminal offense, one miscellaneous arrest, seven traffic accidents, one accident-non-traffic, one boats, three motor vehicle-vehicle identification numbers-school busses, four civil matters/family disputes, five suspicious situations, two lost and found properties, 22 general non-criminal complaints, three driving violations/driving while license suspended complaints and one driving on revoked/suspended license.

Sheriff Wakefield asks: "Do you know where your children are?"

For more information, log on to: www.crawfordsheriff.org.



Sunday - 1:00 pm
Grayling Eagles Auxiliary #3465
Eagles Club, 609 Huron
Grayling

In Memory of
Shane M. Piehl
3-12-80 ~ 5-29-01

Gone but not forgotten
Although we are apart
God holds you in his hands
We hold you in our hearts.

Deeply missed by your family

Stolen World War I pistol returned

Continued from Page 1A

and eventually became a commander of the unit. He was awarded the Distinguished Service Cross, the second highest military decoration of the United States Army, awarded for extreme gallantry and risk of life in actual combat with an armed enemy force. Levi Stevens received the medal from Gen. John Pershing.

"To do some of things he did, he must have had a death wish," Ralph said. "The way they fought wars back in 1913, it's a little different than they do now. There was a lot of hand and hand combat."

After Levi Stevens passed away, his family sorted through his possessions and decided to loan a handful of the items to the Crawford County Historical Museum.

A plaque featuring the names of the soldiers of the Company B, 125th Infantry, the Distinguished Service Cross, the pistol and a helmet worn by a German soldier were put on display in a glass case at the museum.

Grayling Police Officer Robert Butzin was called to a break in at the museum on June 19, 1996. The burglars first tried to pry open the glass case, then tried to break it before removing the screws from one of the panels so they could take the items.

The case was turned over to Detective Dennis Long, who followed up on some local leads, but there was never enough evidence to pursue charges.

Long entered the serial number and description of the pistol into the Law Enforcement Information Network, a information database which is used by law enforcement agencies across the country to track stolen property and criminal activity.

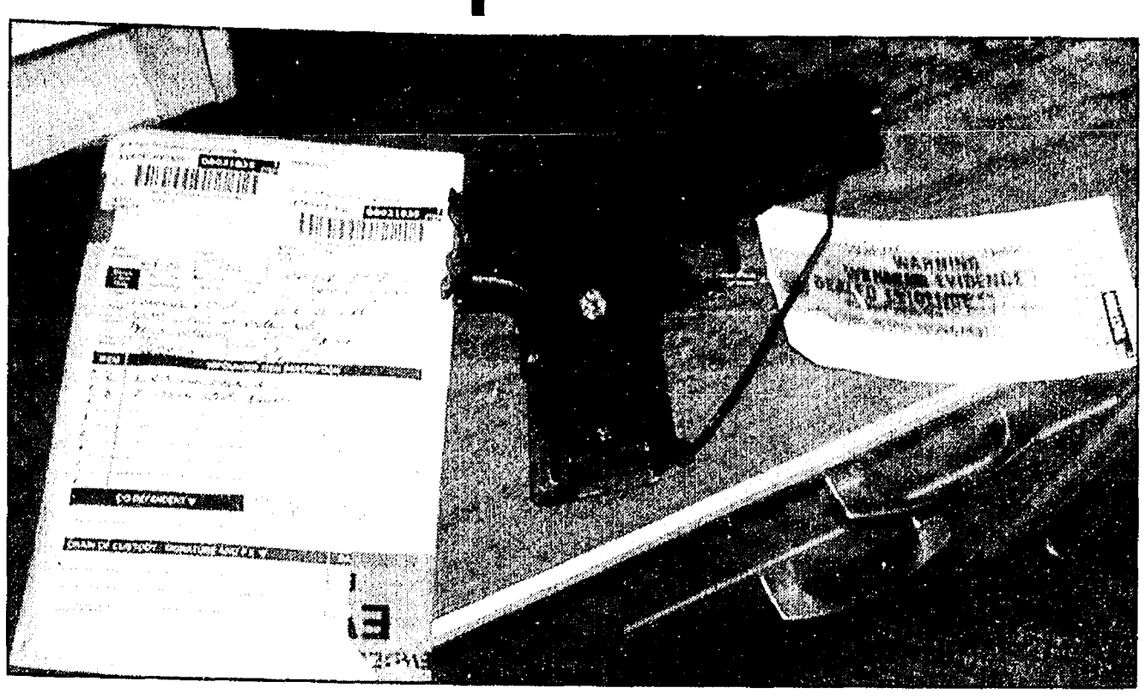


Photo by Dan Sanderson

A World War I pistol stolen in Grayling a decade ago was returned to the family of the distinguished veteran last week.

"We live in a global society and that property goes all over the place," Long said.

The case remained in the cold case files kept at the Grayling Police Department. In April, Long was contacted by the firearms division from the Las Vegas Metro Police Department. Las Vegas police officers confiscated the pistol, which was loaded, from a juvenile while handling a disturbing the peace complaint.

Long said officers were able to confirm a match on the gun since the original barrel had been removed from the weapon as precautionary measure before it was displayed at the museum.

Ralph Stevens, a former Grayling mayor, had periodically checked with Long about the case. He said the family was pleased to have the side arm returned, but were disappointed that someone would take the other military mementos.

"I was pleased that our little police department was able to accomplish this," Stevens said. "I think it speaks well for them."

Stevens said it would be up to family members if the pistol will be loaned back to the museum since several parts of the weapon have been replaced or altered.

"It doesn't hardly represent World War I, and that was the whole purpose of it," he said.

Grayling Police Karl Schreiner credited Long for his diligence in following the unsolved case.

"These cases are not at the forefront of your mind, but they're always there," Schreiner said. "After 10 years, we are pleased to have returned the pistol to its rightful owner. We don't like having guns out there where they don't belong."

Long said it is always satisfying to bring closure to a case in an attempt to right the wrong. He said he will continue to try to determine how the pistol made its way to Nevada and wound up in the hands of a suspected gang member.

"We will track the case from the last person who had the gun to the first person who had the gun to try to resolve the crime," Long said. "It's going to take some time and I will work on it while I work on other things, but we will piecemeal it all back together."

Historic preservation millage Ok'd for ballot

Continued from Page 1A

memorabilia would be displayed. Township and city officials agreed to enter into negotiations with the Michigan Museum of Military Transport members in February for use of the building.

Grayling Township is seeking to sell its share in the building, which has made museum officials lean toward trying to purchase the building from the city.

Liability issues and cost of bringing the building up to code with the American Disability Act and other renovations are other factors being considered.

Brian Morrison, president of the Michigan Museum of Military Transport Foundation Board of Trustees, said the museum is seeking a permanent home so it can apply for grants available for operating costs and expansion.

"We have been operating as a traveling museum for 10 years, but we need a home so we can apply for grants, and basically give people the opportunity to see what we have and to learn about the history of military vehicles," Morrison said.

Morrison said the museum group could get as many as 14 various military vehicles in the fire department building, which would also house office space and a museum store.

"The advantage that we have is because we are a member-based organization, and most of the vehicles belong to our members, most of the display would be on a rotational basis," Morrison said.

Eventually, the group hopes to acquire 10 to 12 acres and construct a building, which would feature 70,000 square foot, for a larger museum.

Morrison said the military museum is trying to work closely with Camp Grayling officials with the goal of highlighting the history of the military installation.

County Commissioner Mike Lange questioned if the group has considered different locations, including the former Fred Bear museum at Hanson Hills, which is leased to Grayling Recreation Authority through the Department of Military and Veterans Affairs.

"If you are working with Camp Grayling, it would seem like they would work with you on that location," Lange said. "You would have property to expand, going forward, if you were at that type of location."

Morrison said the museum has focused on the fire department building because it is available and due to its central location in the city.

"This type of activity does bring several thousand visitors a year, especially after we get established," he said.

The military museum would seek up to half of the funds generated by the millage as it pursues a mortgage for the fire department building. Morrison, however, said the group would work with less funds and would not tie the purchase of the building to the passage of the millage since negotiations are still ongoing and a price has not been determined for the building.

County officials stressed that museum officials would be charged with educating the public and campaigning for the millage.

"Either we are in support of the museum systems throughout the county or we're not and that's the decision the citizens have to make and we can explain to them that this can bring people to the county," County Commissioner Terry Beardslee said.

If approved, the millage would result in an added $10 per year in taxes for a person with a home worth $100,000 that has a taxable value of $50,000

"If you bring hundreds and thousands of people into the community every summer, the dollar return is going to be there," said Dave Stephenson, chairman of the Crawford County Board of Commissioners.

Kay Cosgray, president of the Crawford County Historical Society, said having funds earmarked for historical preservation would be helpful to restore the Crawford County Museum and the museum caboose.

"Those are all capital campaigns that we have wanted to do for several years that we just don't have the funding to do," Cosgray said.

Bruce Patrick, the chairman of the Grayling Fish Hatchery Steering Committee, was also excited about the prospect of having additional funds made available through the county. The steering committee has been pursuing grants to help restore the Grayling Fish Hatchery building in order to convert the county landmark into a nature museum.

"It would be nice to have the extra operating funds, because that is the issue that everyone is dealing with at this point," Patrick said.

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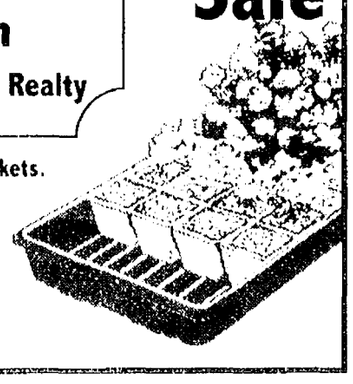
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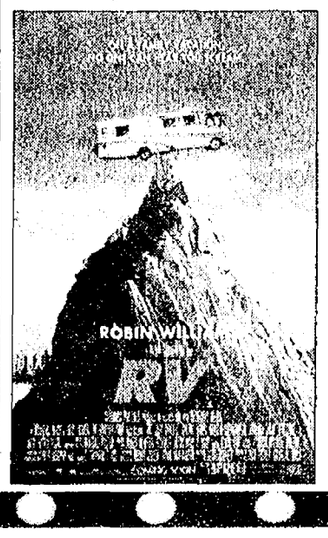


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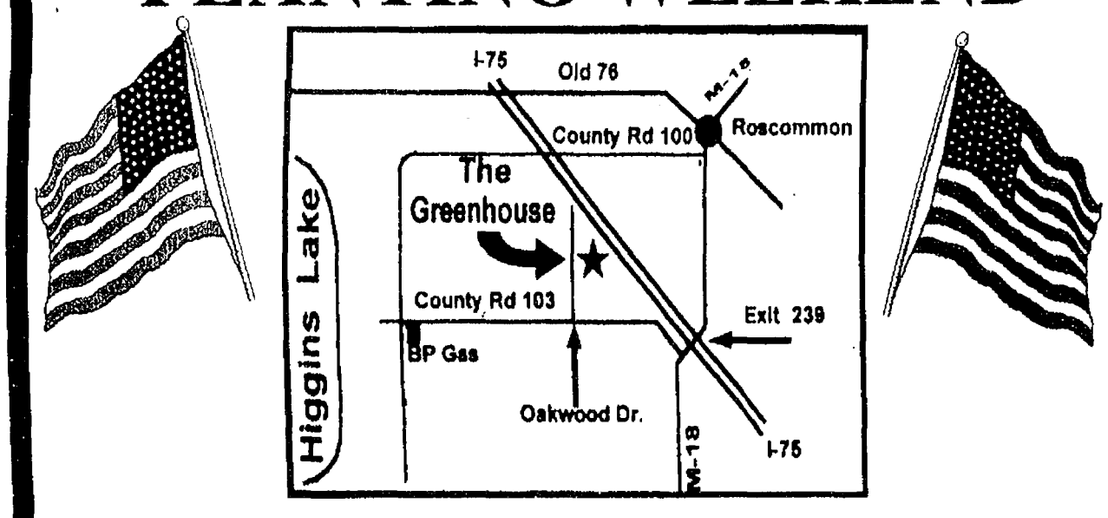
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BIRTHS



Jazmin Lynn Shelly was born on May 9, 2006 in Traverse City, weighing 8 lbs., and measuring 21 inches in length.

She is the great-grandchild of Betty and Cadle Burrell of Grayling. Her parents are Tony and Sandy Rivard of Rapid City.

* * *

Amanda and Jay Mertes of Grayling, announce the birth of their daughter, Mikayla Joy, born at Mercy Hospital on May 17, 2006, at 12:24 a.m., weighing 7 lbs., 8 ozs., and measuring 20 1/2 inches in length.

Card of Thanks

To my family and friends, thank you so much for the many lovely cards and beautiful flowers I received during my stay at Munson Hospital and during my convalescing at home. It meant so much.

Greta Chapp

GMS student awards

Five Grayling Middle School 8th grade students were honored at the 2006 COOR Area Talent Search Meritorious Achievement Awards ceremony held at Roscommon High School on Thursday, May 11.

Joe Somero, Colin Hamlin, Kelsey Neuberger, Tiffany Valentin, and Makenna Harwood, received a score of 20 or above on the ACT. As eighth graders, they scored as well as average high school juniors do.

A total of 48 seventh and eighth grade Grayling Middle School students took the ACT test back in February as part of the COOR Area Talent Search.

All students who qualify for the Talent Search (based on MEAP and Terra Nova test scores) and take the ACT, have the opportunity to earn scholarship money to use towards 2006 summer camps. Scholarship amounts range from $250 - $400. Some camps that students use their scholarship money towards include: MI Technological University Summer Institute Camps, MSU 4-H Exploration Days, Wolverine Camps, and Northwestern Michigan College's College for Kids program.



2006 COOR Area Talent Search Meritorious Achievement Award winners from Grayling Middle School are (L to R) Joe Somero, Colin Hamlin, Kelsey Neuberger, Tiffany Valentin, and Makenna Harwood.

Big Brothers Big Sisters wraps up program

Big Brothers Big Sister of Northcentral Michigan is wrapping up two of its programs as the school year ends. The Bigs-In-Schools Program consists of the Grayling High School students who are in Rich Moffit's Psychology II classes, and students from AuSable Primary. The high school students are bused over to the primary school throughout the second semester, and spend time with the kids doing things such as schoolwork, reading, playing games, and even going outside for recess. Mr. Moffit has had this be a part of his Psych. II classes for three years.

Another program wrapping up as the school year ends is the Lunch Buddy Program. This is where an adult volunteer eats lunch with a primary school student once a week at the school. The Lunch Buddy Program has been in Crawford County for two years.

The programs will likely continue in the fall.



Grayling High School senior Zac Baker plays a game with Tim, a second grader in Mrs. Boik's class at AuSable Primary School.

If anyone is interested in becoming a volunteer, or would like more information about the Big Brothers Big Sisters organization, please contact Lila Sanchez by phone at 344-5112 or by email at SanchezL2@michigan.gov.

Big Brothers Big Sisters programs were made possible by volunteers: Rich Moffit, Vickie Green, Barbara Mick, Teresa Bonamie, Grayling High School students, bus garage, AuSable Primary students, and their teachers and staff.

HONORS

Lake Superior State University

Ann Hughes, of Grayling, has earned the distinction of being included on the Lake Superior State University Dean's List for the Spring Semester 2006. To make the Dean's List, students must achieve a 3.5 grade point average on a 4.0 scale.

Lake Superior State University, located in Sault Ste. Marie, offers a variety of programs including business administration, criminal justice, engineering, environmental studies, fire science, fisheries and wildlife management, geology, recreation studies and teacher education.



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Junior Deputy Rodeo makes safety fun and accessible

by Matt Seager
Staff Writer

What do fires, computers and snowmobiles have in common?

Local elementary school students know how to safely deal with all three, thanks to the annual Junior Deputy Rodeo, hosted by the Crawford County Sheriff's Department.

"The kid's are using the training," said Deputy Tim Stephan, who was the lead organizer of this year's rodeo.

The annual event took place last Friday morning in the Grayling Elementary parking lot, where students took time off from regular classes to explore various safety stations.

"Basically, the Junior Deputy Rodeo is the grand finale (of the school year) and it's bringing in all sorts of emergency personnel," said Grayling Elementary Principal Angela Camp.

Not only is the event fun, but local officials are confident that it makes a difference.

"At this age, it's critical that (students) learn safety in all aspects of life," said Camp.

Presenters from the hospital, fire department and sheriff's department found fun ways to instruct students on important safety skills, such as how to escape from a burning house or how to properly dial 9-1-1.

"The kid's are really involved in asking questions," said Stephan.

The program has been running for years, so many traditional issues such as stranger danger and drug awareness were discussed. New for this year were computer safety and snowmobile safety.

"Don't give personal information out to people on the internet" was the chief lesson learned from the computer presentation, according to volunteer presenter Missy Hoag.

The event was greeted with some particularly cold weather, but that wasn't enough to dampen the spirits of students or volunteers.

"Other than being cold, it's fun. It's been a blast," said volunteer presenter Mychele Parsons.

"I'm enjoying it. I like doing this kind of stuff," said Hoag.



Mychele Parsons demonstrates to students how to effectively and efficiently make an emergency call. "They need to know basically what kind of information they're going to need (for the call)," said Parsons.



Deputy Tim Stephan, who headed the program for the first time this year, presents on snowmobile safety and regulations. The snowmobile safety section was also brand new.

Soldier's home destroyed by fire

The home of a soldier who returned from serving in Iraq in December was destroyed by a fire last week.

The Grayling City/Township Fire Department was called to the home owned by Elizabeth and Allen Dickey located 3126 West Jones Lake Road at 9:50 p.m. on Tuesday, May 16.

Elizabeth, Allen and their 8-month-old son, Cole, were alerted of the fire when smoke alarms went off and were uninjured.

The fire started in the living room of the home, which was a total loss, said Grayling City/Township Fire Department Chief Russ Strohpaul.

Allen, who works at Camp Grayling's Maneuver Area Training Equipment Site, returned from serving in Iraq with the 182 Field Artillery Regiment in December.

"It's kind of rough to get back and start doing things again and than a fire destroyed everything we had, but the support from friends and neighbors has been great," Allen said.

The Dickey family is staying at the River Country Motor Lodge while their insurance company finds a rental home.



Photo by Dan Sanderson

The Grayling City/Township Fire Department was called to the home owned by Elizabeth and Allen Dickey, located 3126 West Jones Lake Road at 9:50 p.m., on Tuesday, May 16. Elizabeth, Allen and their 8-month-old son, Cole, were alerted of the fire when smoke alarms went off and were un-injured.

Bonds to be sold to pay for busses

by Dan Sanderson
Staff Writer

The Crawford AuSable School District Board put the wheels in motion last week to sell bonds which will generate money to pay for new busses and school energy improvements.

The school board will hold a special meeting at 5:30 p.m. on Wednesday, May 31 to sell the $1.9 million in bonds to pay for busses, energy conservation projects and school building improvements.

District voters approved a school funding proposal, which asked voters to freeze their taxes at 4.2 mills for the next five years, by a 662 yes to 378 no vote earlier this month.

The district plans to purchase two busses per year for the next six years, allowing general fund dollars to be spent elsewhere and curbing high maintenance costs for aging busses.

Crawford AuSable School District Superintendent Joe Powers said district officials are seeking bids for the busses and interviewing engineering and architectural firms for the school building projects.

"I am pleased and I think its tremendous that voters supported the bond proposal and this will help us keep our schools strong for our children, which is why we are all here," Powers said.

Grayling Police Report

Grayling City Police Chief Karl Schreiner reports his department handled the following during the week of May 7 - May 14:

Four traffic warnings, two private property accidents, one misdemeanor arrest, two larceny complaints, one civil infraction citation, three juvenile complaints, one disturbing the peace complaint, six assist other departments, one city ordinance violation, one criminal sexual conduct complaint, three alarm complaints, one check law violation, two malicious destruction of property complaints, one suspicious situation and 12 unclassified complaints.

Raffle Winners

Grayling Youth Booster Club

The 50/50 raffle winners for May 21, of $25 each: Bob Cinciala, Sharon Wakeley, and John Keir.

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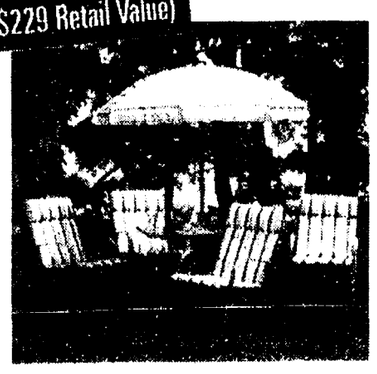
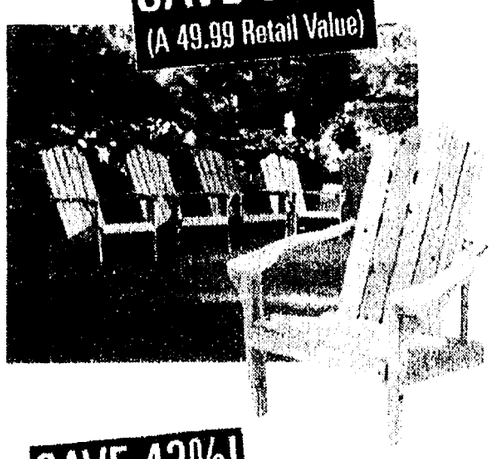
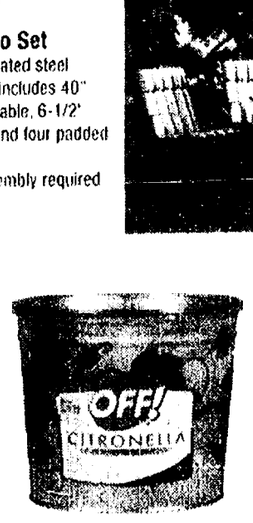
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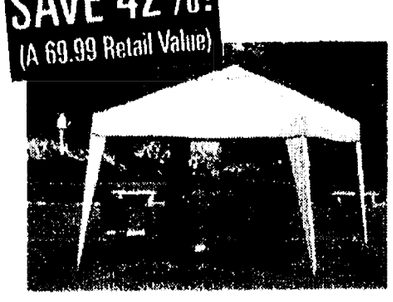
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Career Day invites youth to explore possibilities

by Matt Seager
Staff Writer

What do you want to be when you grow up?

For a student in elementary school, this can be a very daunting question. Grayling Elementary recently helped make the question a little easier to answer as they hosted their annual Career Day event last week on May 17 and 18.

"It will give them something to work for and something to be interested in," said event organizer and elementary teacher Jill Baker.

In total, about 40 presenters from all over Northern Michigan talked to kids about jobs ranging from crime investigation to TV journalism.

"I just think it's never too early for students to think about which career path they may want to take when they're older," said Grayling Elementary Principal Angela Camp. Over the two day period, 70 total sessions were offered.

"It was just wonderful. I don't think we had anybody that didn't step up," said Grayling Elementary teacher Dawn Feldhauser.

The students had the opportunity to sign up to learn about virtually any career they could imagine. Interestingly, the two most popular choices were military service and veterinary medicine.

"They came back with some really big insight," said Feldhauser. She noted that in many cases, the actual careers were very different than what students had initially expected. Coincidentally, there also appeared to be a common theme in most presentations.

"The presenters did a really good job of explaining to the students why academics are so meaningful and will help them in any career that they have," said Camp.

Overall, the kids had a very positive reaction to the program this year.

"They had a lot of fun," said Baker. Many of the presenters enjoyed the opportunity as much as the youth.

"We had a couple of first time presenters that had an awesome time and they're already letting us know that they're coming back next year," said Baker.

"Anytime you can impart your knowledge from your own experience to a child in any way that will benefit them in life is cool," said Dr. Orland Dami, who presented on chiropractic medicine.

He noted the importance of the unique learning opportunities that the program offers.

"If a person like myself comes in there on career day, it's going to give them certain insight...you can't read that in a book," said Dami.

Dami also said that it is important for kids to prioritize their goals according to their interests.

"If you love what you do the money will follow," said Dami.

Ultimately, that is the goal of Career Day – to help kids connect with their interests.

"It's a wonderful program. I hope they keep doing it," said Dami.



Local business person Julie Calkins presents to a group of students in the gymnasium. So many presenters volunteered for the program that areas other than classrooms had to be utilized.

Peterson wins CCEDP grand prize

The Crawford County Economic Development Partnership (CCEDP) drew Lisa Peterson's name from among the weekly winners of a new contest they sponsored, "What do you know about Your County?"

Local merchants donated the following prizes for the contest: oil change, Scott McNamara Ford; lunch for two, Patty's Place in Frederic; movie pass, Rialto Theatre; gift card, Glen's; dinner for two, Big Boy Restaurant & Bakery; gift certificate, Flowers by Josie; gift certificate, Spicy Bob's Italian Express; gift certificate for a super wash, Diane's Car Wash; GUDA gift certificate; and dinner for two, Pizza Hut Italian Bistro.

The grand prize drawing includes one overnight stay and dinner for two at Holiday Inn, Mary Kay Satin Hands Pampering Kit from Independent Beauty Consultant Linda Munsey, a gift certificate from Spicy Bob's Italian Express, oil change at Scott McNamara Ford, gift certificate for a super wash at Diane's Care Wash, dinner for two at Big Boy Restaurant & Bakery, and a "Shop Grayling First" Discount Card from Jeddy Hood.

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Wildflower planting schedule for Grayling Stormwater Rain Gardens

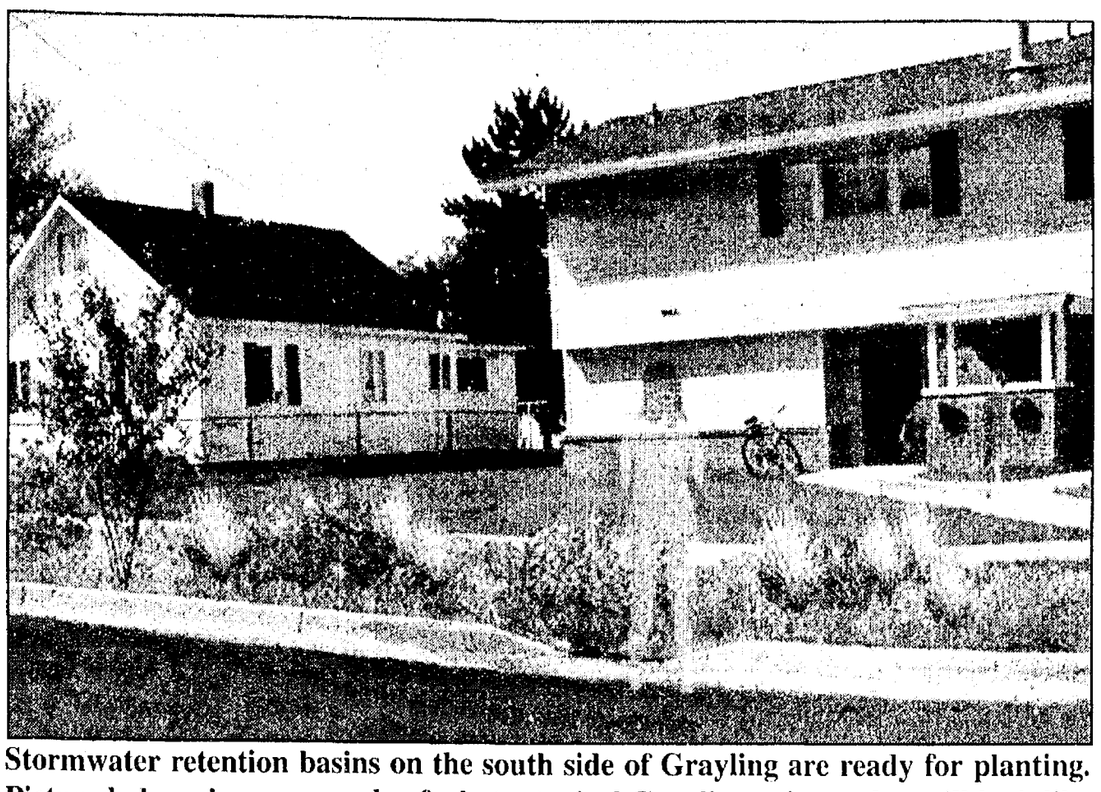
With the warmer temperatures and much needed rain, the stormwater retention basins that were dug in the south side of Grayling are ready for planting.

The basins, located in the street right-of-way, are used to treat 80% of the stormwater runoff from city streets and are serving as a State of Michigan demonstration project for protecting rivers. By infiltrating rain water into the ground, rain water is being handled the way nature intended it, thus helping to maintain the AuSable River's clear, cold water and stable stream flows for which it is famous. These "rain gardens" have been extremely effective in handling runoff through several large storms already.

Now that it's time to plant the rain gardens, flowers, grasses, and shrubs native to Michigan are being used, rather than turf grass or ornamental flowers. The hardiness of these plants increases the chances of survival in rather difficult growing conditions.

In addition, the native plants selected for use in the project have deeper root systems than turf grass. Using plants that can "take up" pollutants through their roots is an important part of the project. Plants used in this project include coneflower, smooth aster, red osier dogwood, butterfly weed, sand coreopsis, goldenrod, joe pye weed, little bluestem grass and wool grass, ninebark, and choke cherry.

Prior to installing plants in the basins, which will occur from approximately June 2 through the 9, some of the deeper basins will be shallowed slightly in order for the plants to better establish themselves. Shallowing will be done by spreading topsoil during the week of May 22.



Stormwater retention basins on the south side of Grayling are ready for planting. Pictured above is an example of what a typical Grayling rain garden will look like after the plants have had time to become established.

Volunteers from the Paul H. Young Chapter of Trout Unlimited will be installing plants in several of the basins on Saturday, June 3. While most of the flowers being installed will be small "plugs," two of the rain gardens on the south side of town will have larger plants installed to demonstrate what the plugs will look like a year or two down the road.

In order to respond to local needs and closely monitor the project, plant installation and a two-year maintenance program will be coordinated through the Grayling-based nonprofit organization of Huron Pines. Staff, along with help from volunteers, will handle the plant installation and necessary follow-up.

After the installation of plants in early June, Huron Pines will contract with Higgins Lake Landscaping to ensure the plants are watered as needed.

In the fall, the plants will be cut back in order to help them grow more successfully the following year. After the two-year "grow-in" period and the perennial flowers are established, the gardens will be an attraction for the community and nearby landowners and will require very little maintenance.

To help identify the rain garden sites and explain the project, small signs may be used in several of the basins. To help keep the plantings from being disturbed, some of the sites may also have a short fence placed around them.

If you are a landowner who lives near a site on the south side and would like to have either a fence or signage, be sure to call the number below.

For questions about the project, please email info@huronpines.org or contact Jill Scarzo, Huron Pines Program Assistant, at 344-0753 ext. 21. Anyone interested in volunteering to assist with either planting or maintaining rain gardens should also be sure to call.

The Grayling Stormwater Project was started in 2003 with completion scheduled for 2008. Because it is a 'first of its kind' or 'demonstration' project, support from outside the community covers approximately 85% of the costs, with $758,000 supplied through a grant from the State of Michigan, $120,000 coming from conservation-minded groups, business and individuals from both the Grayling area and across the region, and the City of Grayling supplying $127,000.

Huron Pines conserves the forests, lakes, and streams throughout Northeast Michigan. For additional project information, visit www.huronpines.org

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All applications will take place between May 22, 2006 and October 20, 2006.

LOCATIONS

Applications will be made for control of (1) noxious and broadleaf weeds in turf areas and, (2) woody vegetation (brush) within clear zones, (3) vegetation growing through paved surfaces, and (4) vegetation in front of Guardrails. All applications will be ground or foliar applied by vehicular mounted fixed boom or hand gun equipment. The following herbicides will be tank mixed or injected for each application.

Weed: Weedestroy AM-40 Amine Salt (2,4-Dichlorophenoxyacetic Acid) and Telar DF(Chlorsulfuron). Escort XP (Metsulfuron methyl) may be substituted for Telar DF.

Brush: Garlon 3A (Triclopyr) and Weedestroy AM-40 (2,4-Dichlorophenoxyacetic Acid). Escort XP (Metsulfuron methyl) may be substituted for Weedestroy AM-40.

Crack/Shoulder: Glypro Plus or Accord XRT(Glyphosate) and Weedestroy AM-40 (2,4-Dichlorophenoxyacetic Acid).

Guardrail: Glypro Plus or Accord XRT(Glyphosate) and Diuron 80DF IVM (Diuron 3-(3,4-dichloropenyl)-1,1-dimethylurea

A surfactant, Citry 564 (100% D'Limonene) or Nu-Film - IR (Poly-1-p-Menthene) or Improve (Nonionic) will be used with all applications. A drift control agent, 41-A (Polyacrylamide and Polysaccharide polymers) will also be used as needed in all spraying operations.

All roadside parks on state highways ("I", "US", and "M" routes) and MDOT facilities within the counties listed above will also be treated.

Do not enter treated areas until the spray has dried.

All applications will be made by certified applicators employed by the Michigan Department of Transportation. For further information contact:

Michael Rogers, Resource Specialist
Michigan Department of Transportation
2927 D & M Drive
Gaylord, MI 49735
Phone: (888) 304-6368

This notice is published per Regulation 637 Act No. 451, Public Acts of 1994, as amended.

Little Caesar's opens under new ownership

by Matt Seager
Staff Writer

A good pizza isn't always easy to find. The problem gets even harder when the pizza place itself keeps disappearing.

Unfortunately, this has been the case with Little Caesar's of Grayling. After two location changes in the last several years, the popular pizza franchise disappeared from Grayling altogether after the last branch owner went independent.

As of May 16, the pizza is back. Little Caesar's has reopened on 203 Ionia St., next to Blockbuster. Along with the new location comes a new owner, Scott Tuch.

"I love pizza. And Little Caesar's is my favorite pizza," said Tuch. After working in a supermarket for 20 years, Tuch decided it was time he started dishing up some food of his own. For Tuch, the pizza business was the natural choice.

"I wanted to do something I had a passion for. Pizza's my favorite food and I love people," said Tuch. He has brought Little Caesar's back to Grayling. Although he doesn't do home delivery, Tuch does says he plans on delivering in three other areas: "quality product, customer service and delivering to the customer what you told them you're going to deliver."

Tuch currently lives in Beaverton, but as an owner-operator, he works at Little Caesar's on a daily basis alongside his 16 employees. He and his crew have already captured the attention of the community.

"A lot of people have commented and said it's good to see Little Caesar's back again," said Tuch. This is a sentiment that all parties seem to share.

"The corporation has faith in the location...it was important for Little Caesar's to be back in Grayling," said Tuch. Although Tuch timed the opening of his business to occur just before the Memorial Day tourist rush, he knows where his primary customer base is.

"It's the Grayling residents that are going to make this business or break it," said Tuch. "I'm looking forward to getting to know people in Grayling."

Of course, Little Caesar's is not the only pizza option in town. Nonetheless, Tuch can list a few reasons why his business is a great option for fulfilling the cravings of Grayling residents.

"Being next to Blockbuster, it's the perfect marriage, you know. Pizza and a movie," said Tuch.

"In my opinion it's the best tasting product, especially for the price."



Scott Tuch (center) is pictured with several members of the new Little Caesar's staff. "Everybody in the city's been really great," said Tuch.

BUSINESS NEWS

Jim Clements

Jim Clements, Northland Home Inspection, a Grayling firm which conducts pre-purchase home inspections, has just been accepted as a full member of ASHI, the American Society of Home Inspectors®. Jim was also trained and certified by ASHI Training Systems in May of 2004 and passed the National Home Inspector Exam in March.

The American Society of Home Inspectors®, founded in 1976, is the oldest, largest and most respected international professional organization of independent home inspectors in North America. It's standards of practice and strict code of ethics are benchmarks of professional performance in the field.

To become a member of ASHI, an inspector must meet rigorous professional and technical requirements, including the successful completion of two comprehensive exams. In addition, he or she must perform at least 250 fee-paid home inspections that meet or exceed the ASHI Standards of Practice.

Once admitted to ASHI, inspectors must comply with the society's bylaws and code of ethics, including a requirement to obtain continuing education credits every year. Members are not allowed to actively engage in real estate sales or to have a professional interest in the sale of any property they inspect.

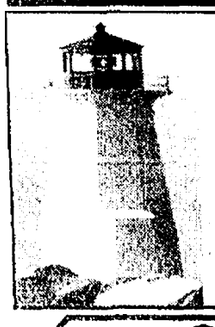
Jim is an Engineer and conducts owned and pre-purchase inspections in the Houghton Lake, Roscommon, Grayling and Gaylord areas.

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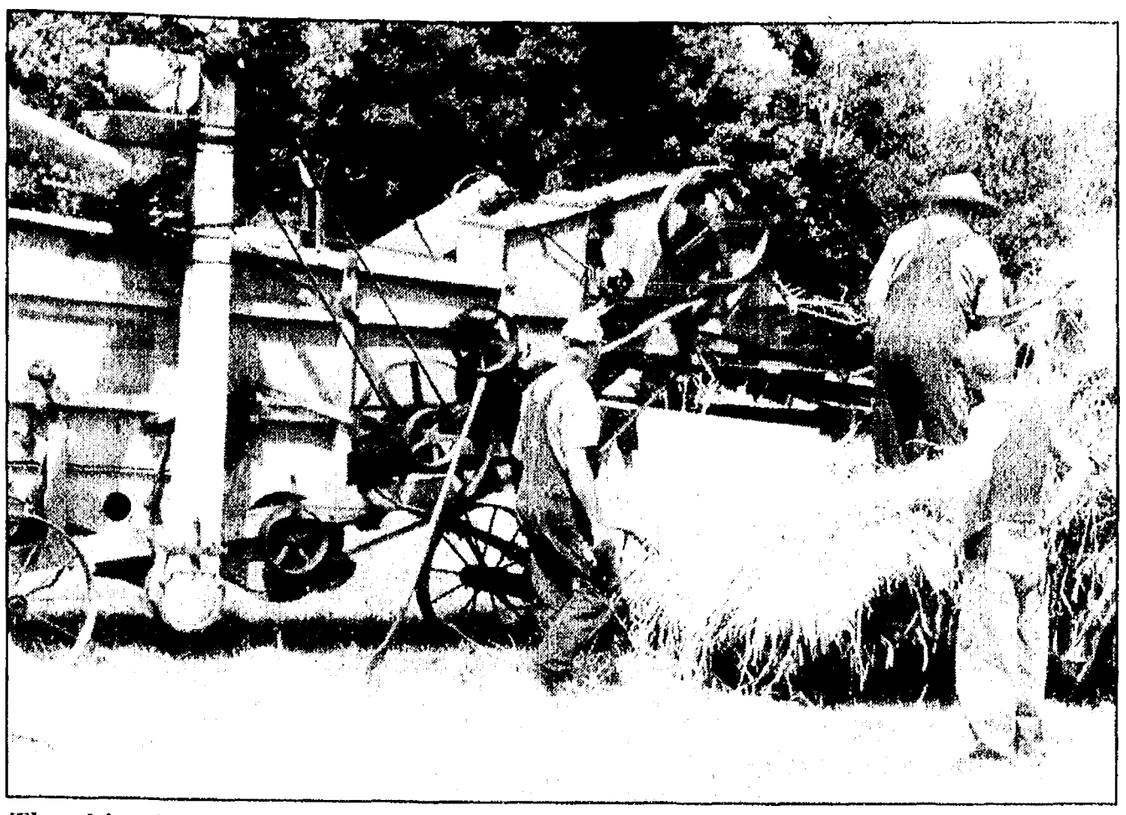
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Threshing barley at Wellington Farm, USA is just one of the many activities that take place during the Wellington Tractor and Engine Show in August.

On Memorial Day Weekend, May 27-29, Wellington Farm, USA will open to the public for the 2006 season. There has been a lot of hard work going on behind the scenes during the winter months in order to bring new events, new farm residents, and new experiences to the Farm this year.

Open to the public weekly from Wednesday through Sunday, Wellington Farm, USA will be offering two ways to take a walk back in time to experience life on a farm as it was during The Great Depression. New this year, self-guided tours will be highlighted every Wednesday through Friday. For these tours, admission to the Farm will include a 28-page tour booklet complete with historical information on each aspect of the Farm you'll encounter. The booklet includes a map so that visitors can experience all of the attractions at their own leisurely pace while strolling through the Farm. Bring a picnic lunch to enjoy under the Pavilion or anywhere along your route.

With a new shuttle in service this year, guided tours will be available every Friday, Saturday, and Sunday. Enjoy a ride into the park accompanied by experienced interpreters who will narrate your tour. Visitors can exit the shuttle once in the park and enjoy a walk through the historical buildings or down the nature trails. Shuttle service will be available to transport visitors back to the Visitors' Center once their visit is complete.

Wellington Farm, USA is home to some new barnyard residents this year including: emus, ducks, chickens, sheep, goats, cows, llamas, and a pot-belly pig. The Petting Pen is up in the front of the Farm right next to the Farm Market, and the barnyard is in the back of the park.

Several brand new events and expanded traditional ones highlight the 2006 schedule. The first new event, scheduled for July 22, introduces what is hoped to become a regular concert series at our Jackpine Theatre nestled in the woods. The first concert, known as "Wellstock," will feature alternative rock and roll music and will be held from 6 p.m. - 11 p.m. on July 22. The concert will feature six up-and-coming local bands and tickets can be purchased at the Farm and at the Cybertech Café in Gaylord. Admission is $6 per person.

December will feature two new events – ChristKindlmarkt and a candlelight Christmas Eve service at the Stittsville Church. From December 8-10, Wellington Farm, USA, will introduce ChristKindlmarkt – a Christmas Market filled with the celebration of the season. The market will be bustling with crafters selling their holiday items, caroling, and seasonal decorations, and is designed to bring this European holiday tradition to Wellington.

On Christmas Eve, a candlelight holiday service will be held at the Stittsville Church. Volunteers have worked tirelessly during the off-season to get the church ready for the public. Several weddings are planned throughout the season and an official dedication of the church will take place during the Northern Michigan Music, Storytelling & Folk Arts Festival, scheduled for the weekend of Aug. 4.

The 3rd AuSable Adventure Rally takes place June 23-25. The Rally will feature an air show at the Grayling Army Airfield and displays of military transport vehicles at the Airfield, as well as at the Park. This should be the biggest rally ever, offering the public a unique opportunity to view military air and land transport vehicles, with the highlight being The Yankee Lady, a WWII B-17 Bomber.

August brings forth traditional events that have been expanded for 2006. The Northern Michigan Music, Storytelling & Folk Arts Festival will be held from Aug. 4 through 6, and the Tractor & Engine Show is scheduled for the weekend of Aug. 25.

Wellington Farm, USA is located on S. Military Road, one-quarter mile south of 4 Mile Road. The Farm is open to the public every Wednesday through Sunday from Memorial Day weekend through Nov. 1, and then for the December events as scheduled. Park hours are from 10 a.m. – 5 p.m. daily. Admission is $6 for adults; $4 for seniors and students. Season passes are available for $30 for individuals and $50 for a family pass.

For specific event information, call 1-888-OLD-FARM or visit us on the web at www.wellingtonfarmpark.org.

The Farm Market is open every day. Stocked with produce and homemade goodies, the market is the place to stop and take a piece of the Farm home with you. A new "Country Goodness" Cookbook, full of traditional 1932-era recipes, can be purchased at the Farm Market and soon be available via their website at the On-Line Farm Market.

Fish Hatchery to open for the summer

The Grayling Fish Hatchery, located on the East Branch of the AuSable River on North Down River Road, will open for the summer on Saturday, May 27, giving visitors the opportunity to see live trout up close, feed them, and possibly even catch one.

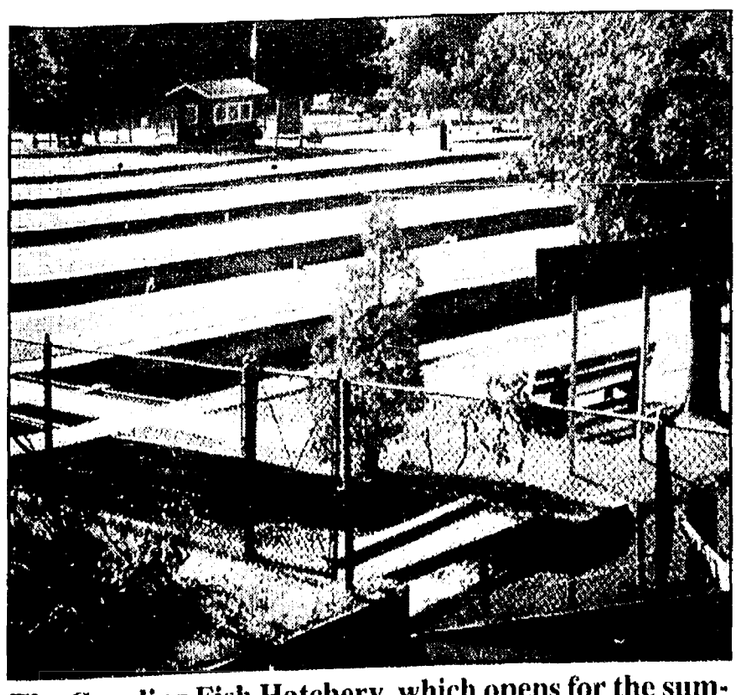
Fish Hatchery visitors can toss food to the thousands of brook, brown, and rainbow trout that live and grow in the 11 raceways at the hatchery. Trout range in size from minnows to 28 inches long.

The Fish Out Pond at the hatchery gives visitors a chance to catch a live trout. Fish Out Pond anglers pay by the inch of the fish caught. Fishing poles are available for use on site.

The Fish Hatchery was started by the Grayling Fish Hatchery Club, formed by Rasmus Hanson in 1916. The club was one of the first groups in Michigan to recognize the need to reinforce natural trout reproduction in streams by hatching and rearing fish in protected ponds. The group was dedicated to supplying area streams with as many trout as possible.

After being sold to the State of Michigan in 1926, the hatchery remained in operation until the 1960s. It was then abandoned and lay dormant until around 1979 when local sportsmen and historians learned the DNR planned to fill in the ponds and efforts to reopen the landmark began. Currently, a major renovation project is in the works to create a museum at the site.

The Grayling Fish Hatchery, which is operated by Grayling Recreation Authority, is open every day from Memorial Day weekend to Labor Day, 12 noon to 6 p.m. Admission is $1.50 for adults and $1 for kids up to 17 years of age. Kids under the age of five are free. A daily family pass is available for $6.



The Grayling Fish Hatchery, which opens for the summer on Saturday, May 27, gives visitors the opportunity to see live trout up close, feed them, and possibly even catch one.

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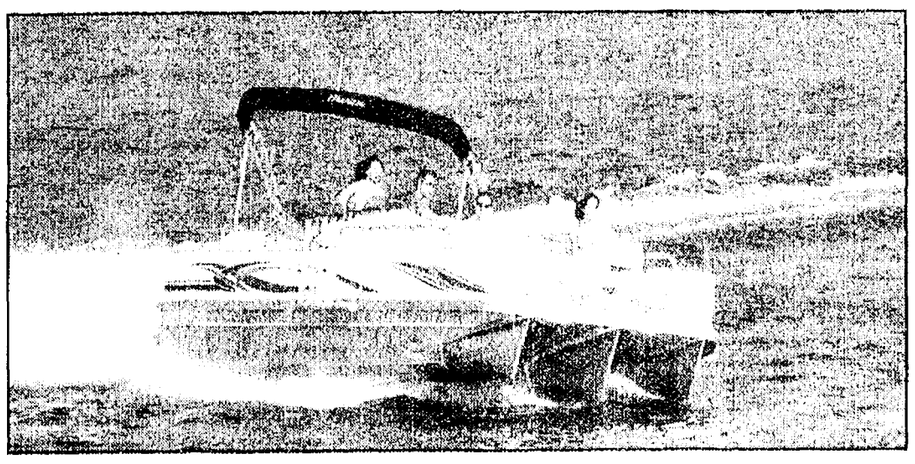
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SECTION B

SPORTS & RECREATION

CRAWFORD COUNTY AVALANCHE
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Crawford County Avalanche — Thursday, May 25, 2006

Girls golf team wins regional championship

Vikings finish 1st out of 17 teams at regionals

■ Grayling qualifies for state finals with a 417 at last Thursday's tournament

Grayling High School's varsity girls golf team placed 1st at last Thursday's 17-team regional tournament at Katke Golf Course in Big Rapids, earning the team a regional title and a place in the upcoming state finals.

The Vikings finished the regional event with a team score of 417. Lakeview was 2nd at 436 and Big Rapids placed 3rd with a score of 438. The top three teams at regionals advance to the state finals.

Abby Wheeler and Kristi Calkins both scored a 98 for GHS, tying them for 6th place overall individually. Jessie Morley finished with a 104 (10th overall) and Leigha Stevens scored 117 (24th overall).

"We believe it's the first regional championship for a girls' sport at Grayling," Coach Brian Banda said. "It's a great accomplishment."

At regionals, the golfers had to battle the elements, with rain and high winds making it a difficult tournament.

"It was awful," Coach Banda said. "It was rainy, conditions were bad. We had winds up to 35 miles per hour. Hats off to Leigha Stevens for scoring that high as a freshman in these conditions."

The state finals will be held on June 2-3 at Forest Acres West in East Lansing.

"Our strength this year has been to have three consistent scorers. We've been able to put three in the top 10 all season. We just need our fourth and fifth golfers to have a good round. If we do that, we'll be in good shape at the finals," Coach Banda said.



The 2006 Grayling High School girls golf team: (left to right) Leigha Stevens, Kristi Calkins, Abby Wheeler, Coach Brian Banda, Alexis Elmy, Monica Leslie, and Jessie Morley.

Mad Rush Adventure Race sends racers to the swamps

■ More than 100 participants hike, bike, and canoe to the finish line

by Matt Seager
Staff Writer

Trekking through insect infested swamps isn't for everybody. Yet dozens of competitors opted to do just that two weekends ago in the Mad Rush Adventure Race, hosted by Grayling's AuSable River Rats.

"I thought it was real successful," said event organizer Chad Swander.

About 110 adventurers endured the 8-10 hour race through South Higgins Lake State Park on May 13.

"Being a cool, rainy day kind of added to the fun," said competitor Craig "Jake" Jacobs, whose team finished third overall.

Participants had to hike, bike and canoe their way across a series of check points, all the while using a map and compass to stay on course in the uncharted wetlands.

"The trekking we had to do in the swamps was kind of neat," said Jacobs.

"It makes (participants) really feel like they're in the wild somewhere, all the while in a competitive format," said Swander.

This annual race is the second in the Michigan Adventure Racing Series. This year, three teams dropped from the race as a result of the event's grueling physical demands.

"This year's course, what it offered was more rugged terrain," said Swander. Of course, this was no problem for the winning team.

"We're quick runners, so we were able to make quick work of the land navigation," said Justin Andre of team Infiterra Sports 2.

Andre and his teammate, Aaron Litzner, finished well ahead of the competition.

Continued on Page 4B
See "MAD RUSH..."



Photo by Steve Seager

Racers scramble into their boats and get under way. "We were able to get into the boats first," said Justin Andre of team Infiterra Sports 2.

Grayling Little League kicks off 2006 season

Grayling Little League kicked off its 43rd season on Monday, May 15, with games being played at McNamara and Millikin Fields. Both the Minor, Intermediate and Major League divisions had games scheduled for Opening Day.

The Major League schedule called for a match-up between Grayling 1 (coached by Rich Schreiber) facing off against Grayling 2 (coached by Rocky Tobin).

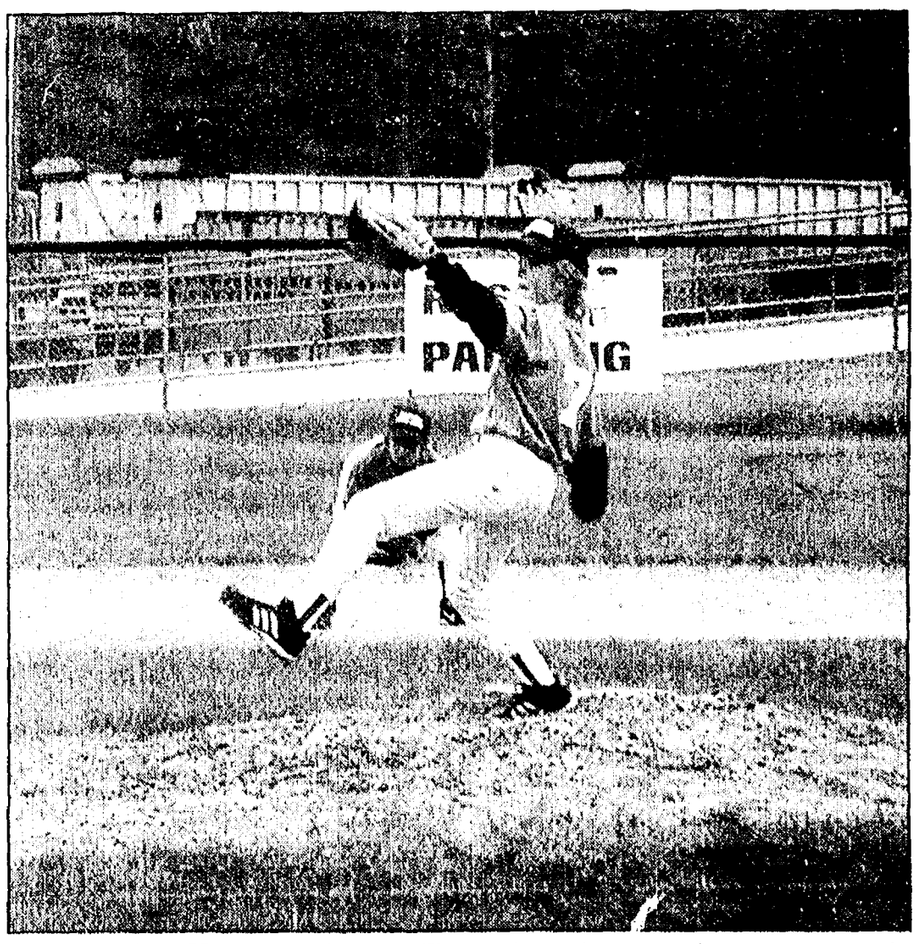
"Both teams were well prepared and the game was decided by one run. It was a great start to the season and it was nice to see two really strong Grayling teams. Every time these teams face off, you can bet it is going to be a game," said Coach Tobin.

The Major League teams will be playing Roscommon, Lewiston, Houghton Lake, and Oscoda County (Mio) teams this year.

Grayling Little League is also excited about the collaboration with 4H to start a combined T-ball program, Little League officials said.

"The kids are having a great time playing on the minor league field and they really love being in the dugouts," said MSU-E organizer Nancy Persing.





Two Grayling Little League teams – Deputies Association and On-Line Auction House – play on Thursday night during the league's first week of action.

"The collaboration with Little League has been a little bumpy trying to work with two different organization's rules and by-laws, but both Grayling Little League and 4H are glad they made the effort to create one program," Little League officials said.

T-ball games are played on Thursdays at 5:30 p.m. and Fridays at 5:30 p.m. and 6:30 p.m. on McNamara Field.

The Home Run Derby originally scheduled for Saturday, May 13, had to be postponed due to rain. The Derby has been rescheduled for Saturday, June 10, beginning at noon at Millikin Field. All Little League teams, including T-ball, baseball and softball, are invited to participate in the Derby. Teams/sponsors will be introduced and spectators will also have the opportunity to participate in divisions of the derby. Registration is free.

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Alyssa Lewis runs from third base to home plate at Traverse City on Tuesday.



Jessica Henderson bats for Grayling during last week's series vs. TCSF.

Vikings fall to Traverse City St. Francis 5-4, 13-7

Softball team loses two games at West Branch Ogemaw Heights 10-0, 8-7

The GHS varsity softball team lost two close games at Traverse City St. Francis last Tuesday.

The Gladiators won the first game of the series 5-4. Chelsea Wolcott pitched for Grayling, allowing four hits and striking out two batters.

On offense, Wolcott was 2 for 3 (single, double) with 1 run scored, 1 walk, and 1 RBI. Megan Etzler was 1 for 3 (single) with 1 RBI, and Gabby Calkins was 1 for 3 (single).

TCSF won game two 13-7.

Offensively, Katie Baynham was 2 for 4 (2 singles) with 1 run scored, 1 RBI, and 3 stolen bases, Monica Peters was 1 for 3 (single) with 1 RBI, Trisha Petersen was 1 for 1 (single) with 2 walks, 1 run scored, and 2 stolen bases, and Andrea Southard was 1 for 3 (double) with 1 run scored and 1 RBI.

"These were two very important games for us. St. Francis got their starting pitcher back from injury. We were able to jump on them early as she had trouble finding the strike zone, but once she settled in we couldn't seem to hit holes. Errors continued to plague us and one bad inning cost us a victory," Coach Keri Brock said.

"In the second game we led 5-1 after three innings and then fell apart in the fourth giving up seven runs on four errors. We let two wins slip away along with a possible tie for second place in the Lake Michigan Conference. These types of mistakes this late in the season are very frustrating as a coach. All we can do is look forward and try to clean things up in time for districts," Coach Brock said.

On Friday, the Vikings lost two games at West Branch Ogemaw Heights 10-0, 8-7.

In game one, Henderson was 1 for 2 (single). In the second game, Wolcott was 2 for 4 (single, double) with 2 runs scored, Henderson was 2 for 4 (2 singles) with 2 runs scored and 3 RBI, Etzler was 2 for 4 (2 singles) with 1 RBI, Calkins was 2 for 3 (2 singles) with 1 run scored, Baynham was 1 for 4 (single) with 1 run scored, Peters was 1 for 4 (single) with 1 run scored and 2 RBI, and Petersen was 1 for 4 (single) with 1 RBI.

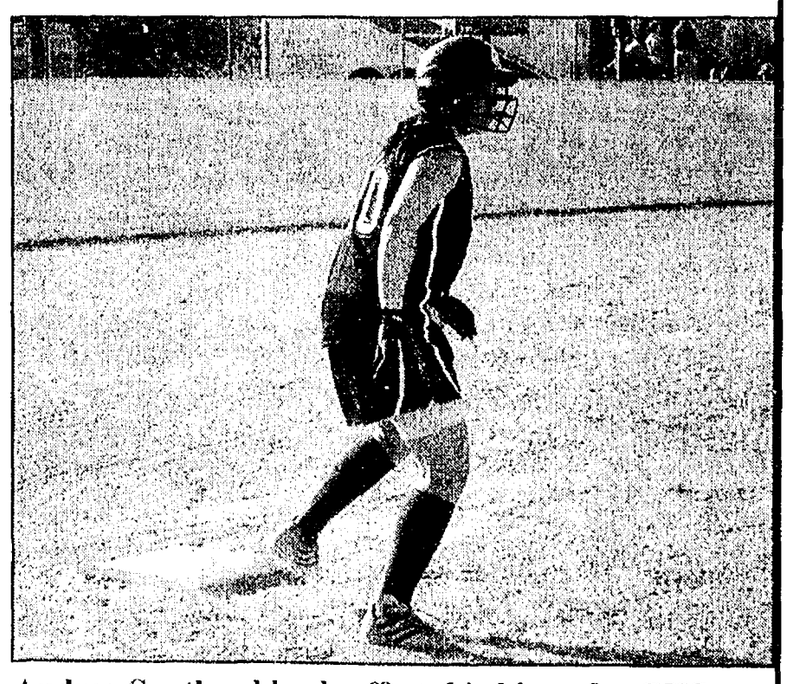
"I didn't recognize the team that showed up for game one. Ogemaw dominated us in every aspect. Their pitcher was in no way overpowering yet we managed only one hit," Coach Brock said.

"Game two was a different story. We had 11 hits and played decent defense for a few innings but errors and walks played the spoiler in the end. A 7-5 lead going into the bottom of the 7th innings wasn't enough. On a positive note, we know that we can beat Ogemaw when we play at the top of our game. They are a possible second-round opponent in our district a couple weeks from now," Coach Brock said.

The Vikings play in districts next week. District 34-2 includes Cadillac, Gaylord, Grayling, and West Branch Ogemaw Heights. The tournament will be held in West Branch.



Chelsea Wolcott pitches for Grayling at Traverse City on Tuesday night.



Andrea Southard leads off at third base for GHS.



Trisha Petersen gets set at third base on defense.

Wendy's

Viking of the Week



Varsity Softball
Coach: Keri Brock
JESSICA HENDERSON

Jessica leads the team in many stat categories including batting average (.436), doubles (7), runs scored (23), and stolen bases (19). She has also picked off seven base runners this season from behind the plate.



Photos by Caleb Casey

Katie Baynham runs from second base to third.



The alumni team that played against current GHS players on Saturday included: (front, L to R) Caleb Casey, Adam Kaiser, Larry Baynham, Ryan Swope, Mike D'Amour; (back, L to R) Rich Schreiber, Darrell Metzer, Jim Hulbert, D.J. Metzer, Wes Fox. Not pictured: Ryan Davis.

Alumni baseball team wins game vs. GHS players 14-6

Eleven Grayling High School alumni competed in a home run derby and played a seven-inning game against current GHS baseball players on Saturday, May 20.

This year's Alumni Baseball Game and Home Run Derby, which was held at Grayling High School, was conducted by the GHS baseball program.

The event got under way with the Home Run Derby, with Adam Kaiser winning the competition.

The alumni then faced a team consisting of current varsity and junior varsity GHS baseball players. The alumni squad won the seven-inning contest by a final score of 14-6.





(Left) D.J. Metzer is greeted by teammates at home plate after hitting a home run for the alumni team. (Right) Mike D'Amour bats for the alumni squad.





Ryan Davis (left) and Ryan Swope (right) bat for the alumni team.



Adam Kaiser won the home run derby on Saturday.

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Mad Rush Adventure Race sends racers to the swamps

Continued from Page 1B

"This was our third year of racing, so we've done harder, longer races," said Andre. "It definitely pays to kind of know what you're doing."

Andre is a Grayling resident and director of Hanson Hills Recreation Area. He thinks the appeal of the sport lies in its versatility.

"You have to find your way to one point or another...for the most part, you choose your own route to places," said Andre.

As far as appeal is concerned, Swander believes that the often exotic setting of these races helps.

"It's something that, unless you really look for it, it's hard to find stuff like that in Michigan," said Swander.

These races are growing in popularity quickly. Big names are noticing these local events, with Solomon recently joining the AuSable River Rats' growing list of corporate and local sponsors.

"Sponsorship's a big deal. It's hard to get and keep good sponsors," said Swander.

The next race to be hosted by the AuSable River Rats will take place on Aug. 26 in Mio. For more information, visit www.riverratsar.com.

The top three finishers in each division are as follows:

Two person male: 1. Infiterra Sports 2 (Justin Andre and Aaron Litzner of Grayling). 2. Team Crowfoot (Jeff Baerlocher and Brian Royce of Roscommon). 3. Zombie Luau (Erich Podjaske and Craig Jacobs of Roscommon).

Two person co-ed: 1. 4Seasons (Cooper Green and Michelle Koenigsknecht of Clarkston). 2. Attention Deficit (Mark Spencer and Lori Smith of Ohio). 3. Tortoise & Hare (Bruce Geffen and Donna Krol of Ann Arbor).

Two person female: 1. Chupalo (Samara Sabin and Jill Seager of Grayling).

Four person co-ed: 1. Ambush Adventure Racing (Steve Kaczor, Jason Schaefer, Sue Douglas and Joe Smindak of Ohio). 2. Team Micro-Bruise (Caleb Mitchell, Stephanie Cervelli, Andy Wirsing and Jeff Okray of Madison Heights). 3. Snap, Crackle, Pop & Handsome Rob (Kevin Biek, Marcus Schoenherr, Rob Nicey and Paige Peterman of Kalamazoo).

For complete race results, visit www.riverratsar.com.

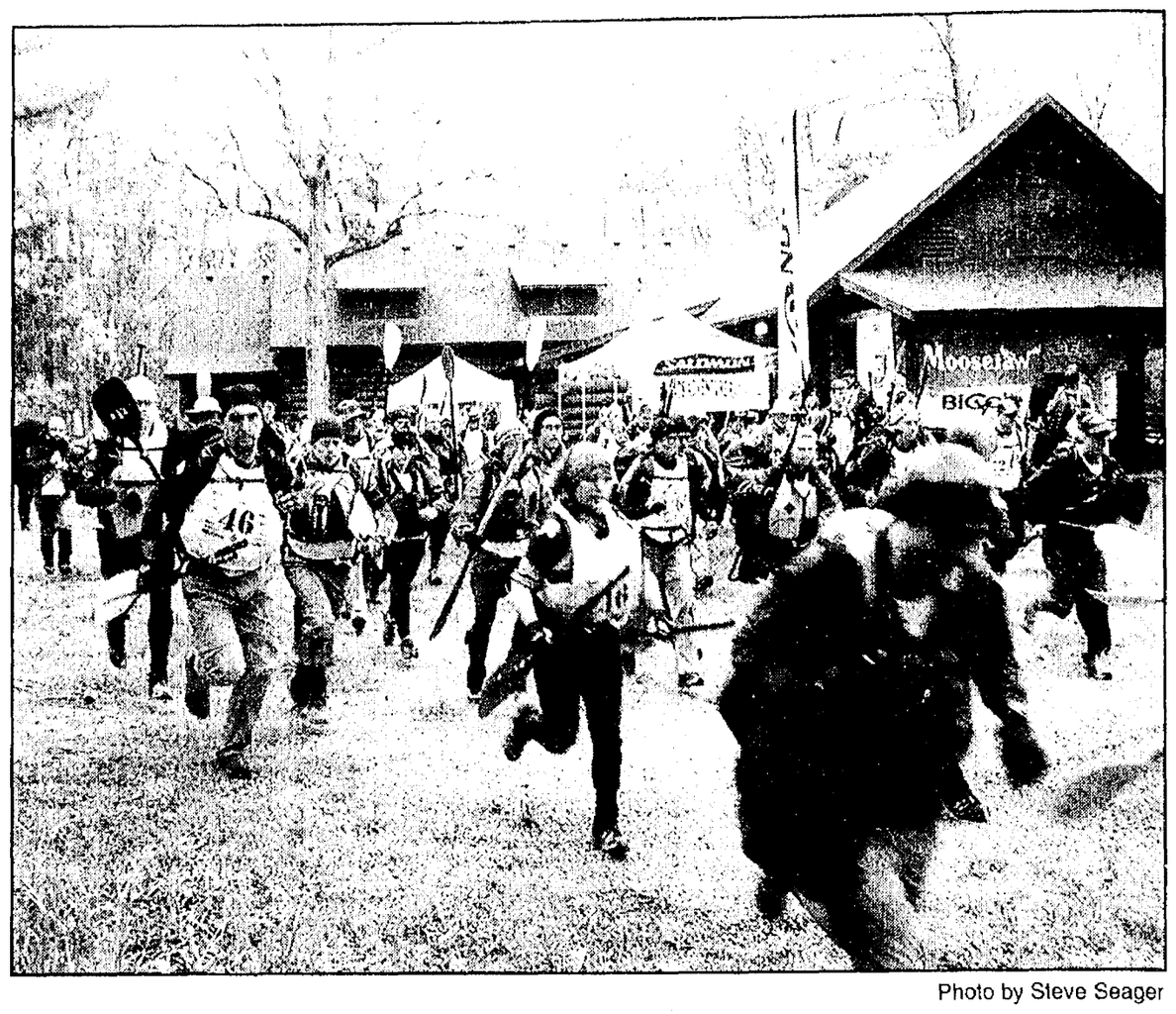


Photo by Steve Seager

Competitors rush to their canoes at the start of a race that will last about nine hours. "We try to find the best terrain we can find in Northern Michigan to challenge them," said event organizer Chad Swander.

GRAYLING COUNTRY CLUB NEWS

by Donna Thomson
Wednesday Ladies League

Well, I'm finally getting back to all of you, to let you know of our accomplishments throughout the year.

On Wednesday, May 10, the weather was sunny and cool, but 19 eager players were welcomed by our golf committee, Nancy Glasslee and Mo McNamara. Our play for the day was "Scotch Doubles."

There was a tie for first place with a score of 50 between the team of Sandy Winkle and Kay Ellen King and the team of Evie Kent and Donna Thomson. In second place, with a score of 52, was the team of Jeanette Kitchen and Ann Latusek.

We then enjoyed a nice lunch of spinach fruit salad with raspberry vinegarette and muffins and beef barley soup.

President JoAnn Michal appointed Bev McNamara vice-president for this year.

On Wednesday, May 17, we had another cool but sunny day. We played scrambles and there was a tie again for first place between the team of Evie Kent, Jeanette Kitchen, and Balkis Shippy and the team of Rhea Gierke, Nancy Glasslee, Gloria Nielson, and Kathy Olson with a score of 41. In second place with a score of 42 was the team of Donna Grass, Lynda Hetrick, and Ann Latusek.

An announcement was made that June 28 is the date set aside for our annual "Rally for a Cure" day. This event is open to non-members also, and we sure would love to have great participation.

Upon teeing off on #1, a beautiful red maple tree has been planted by the generosity of the Knibbs family to replace the one that was taken by the storm last year. It makes a nice difference.

It was also announced that the ladies tee box on #12 is being moved back to the men's tee and will then become a par five for us. This is to protect us from errant golf balls off the driving range.

Our lunch today was a cup of cabbage soup and a turkey melt with asparagus on a hoagie bun, and fruit. Match play begins on the 24th, so I am looking forward to seeing all the gals that didn't make it for the "fun" days.

This is my 10th year writing this column, and yet it seems like only yesterday for me. Until next week, that's all "fore" now.



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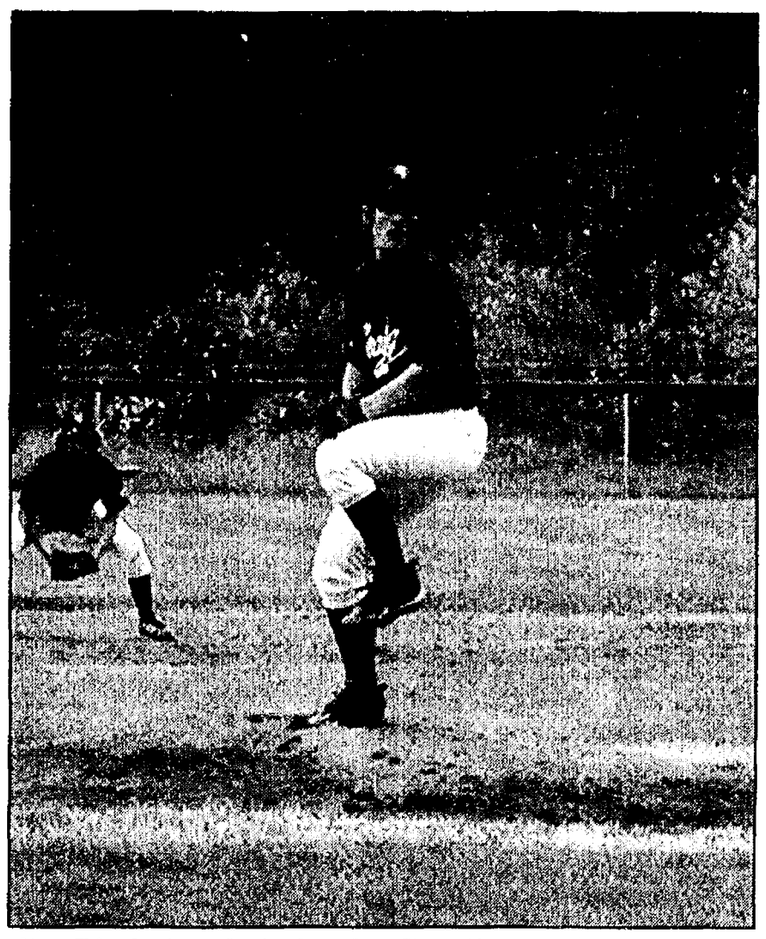
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Jacob Aubry leads off at third base during Friday's series vs. West Branch Ogemaw Heights.



Geo Bindschatel pitches for Grayling against Ogemaw Heights on Friday night.

JV baseball team splits with Ogemaw Heights

Grayling wins game one vs. West Branch, but Falcons take game two

The Vikings of Grayling High School split last Friday's junior varsity baseball doubleheader vs. West Branch Ogemaw Heights, with Grayling winning game one 11-8 and the Falcons taking game two 11-2. The series was played at GHS.

In game one, Geo Bindschatel pitched five solid innings for Grayling and Dylan Nye pitched the sixth. On offense, Ethan Neuberger and Sean Hernandez both batted 2 for 3. Lucas Pippin was 1 for 2 in game two. Trent Larm pitched two scoreless innings for GHS in the second game of the series.

"Game one started slow but both teams had good hitting after the third inning. Josh Stapleton played great at shortstop for both games," Coach Jeff Koehler said. "The team showed a good effort in both games but were not able to get the bats going in game two."

On Tuesday, the Vikings hosted the Gladiators of Traverse City St. Francis. TCSF won both games (10-5, 15-6).

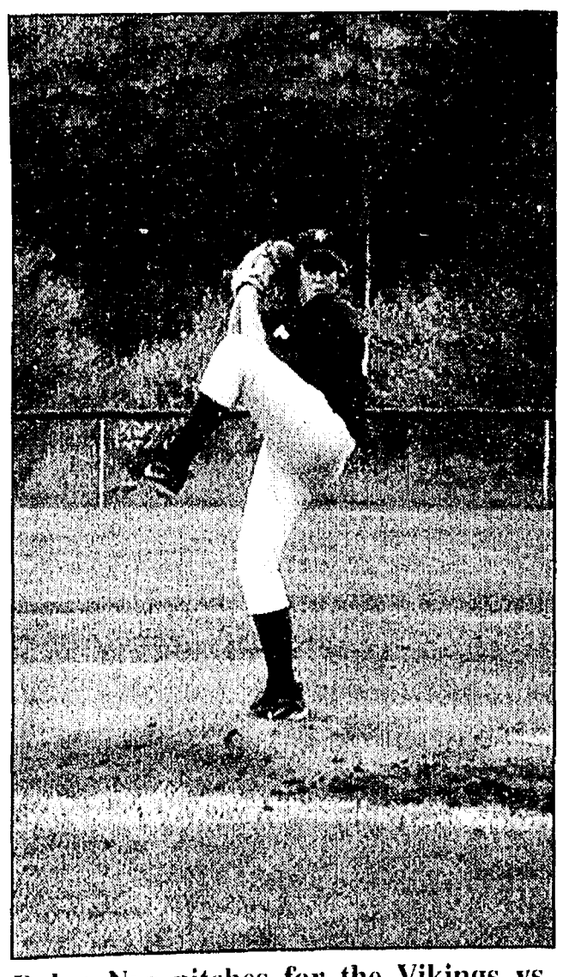
Hernandez and Larm both batted 4 for 6 in the doubleheader.

"The team played well despite not being able to play or practice for almost a week because of the weather," Coach Koehler said.



Photos by Caleb Casey

Sean Hernandez bats for Grayling on Friday.

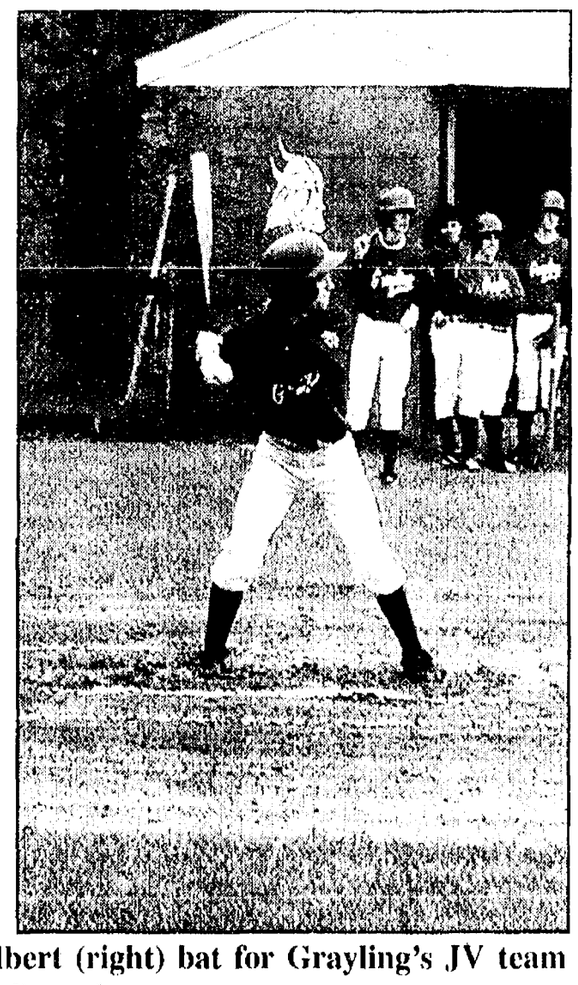


Dylan Nye pitches for the Vikings vs. the WBOH Falcons on Friday.



Rocky McNamara bats for Grayling High School against Ogemaw.





Ethan Neuberger (left) and Andrew Hulbert (right) bat for Grayling's JV team during last week's doubleheader vs. West Branch.

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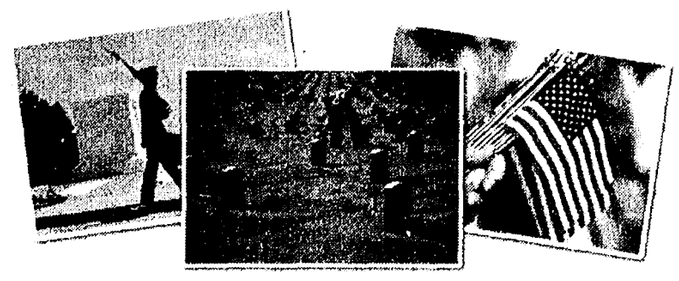


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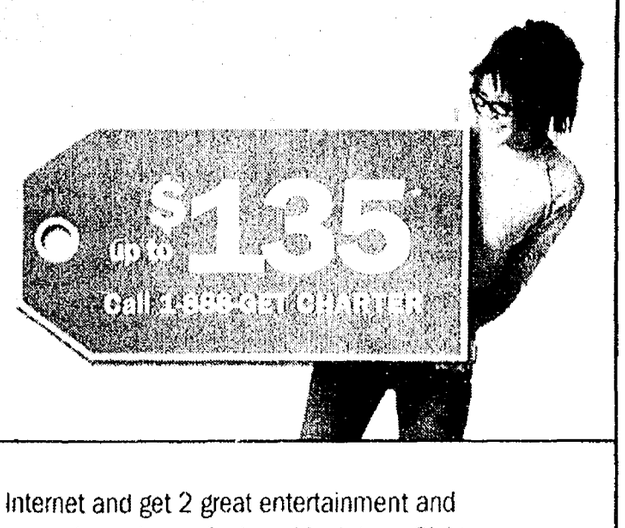
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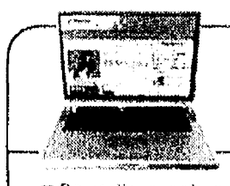


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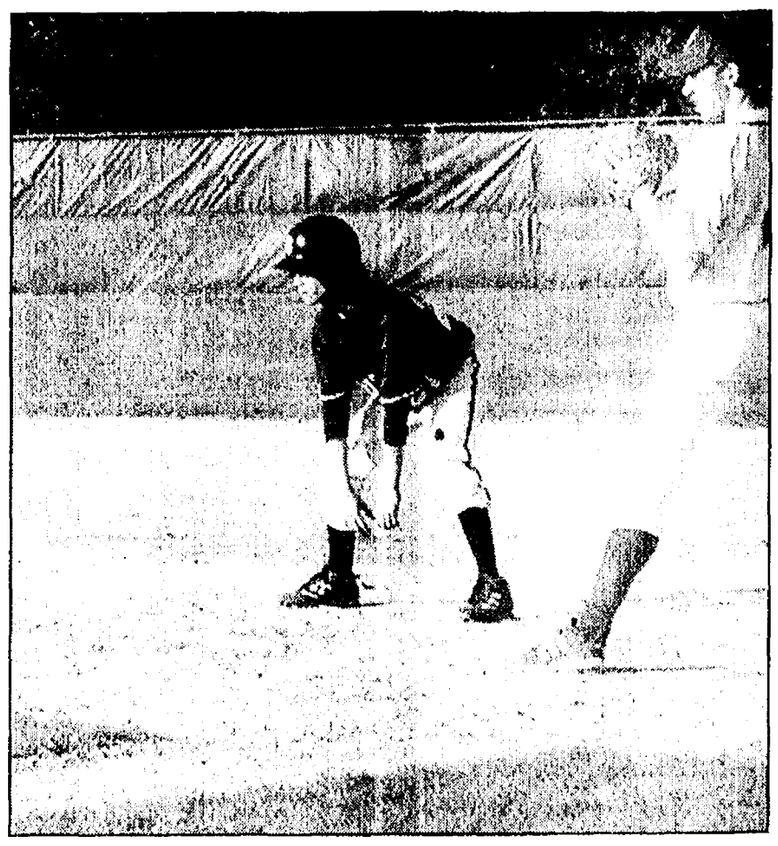
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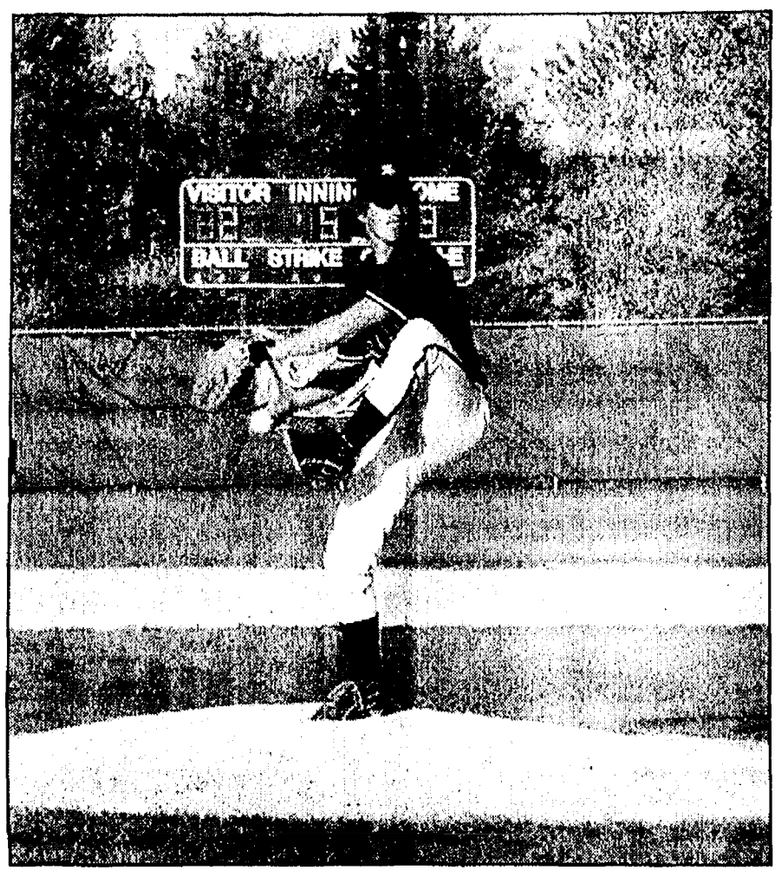


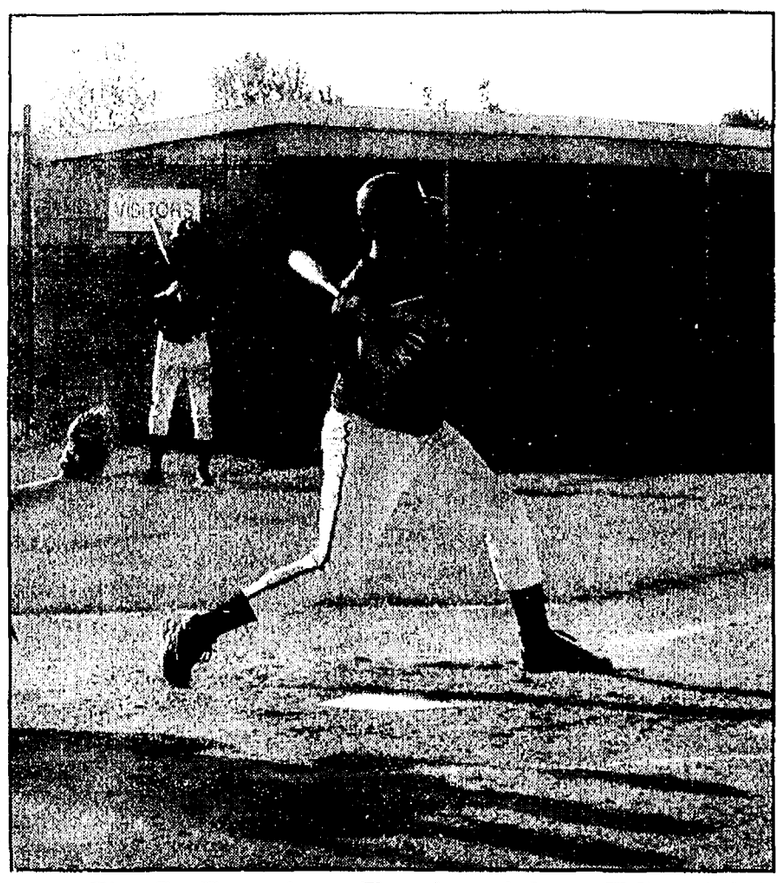
Brian Mastej leads off at first base during Tuesday's series at Traverse City.



Eli VanNuck scores a run for Grayling vs. Traverse City St. Francis.

Baseball team plays at TCSF





(Left) J.C. Schneider pitches for the Vikings against Traverse City St. Francis on Tuesday night at TC. (Right) Mike Boylan bats for the Vikings at Traverse City. The Gladiators of TCSF won both games of the series.

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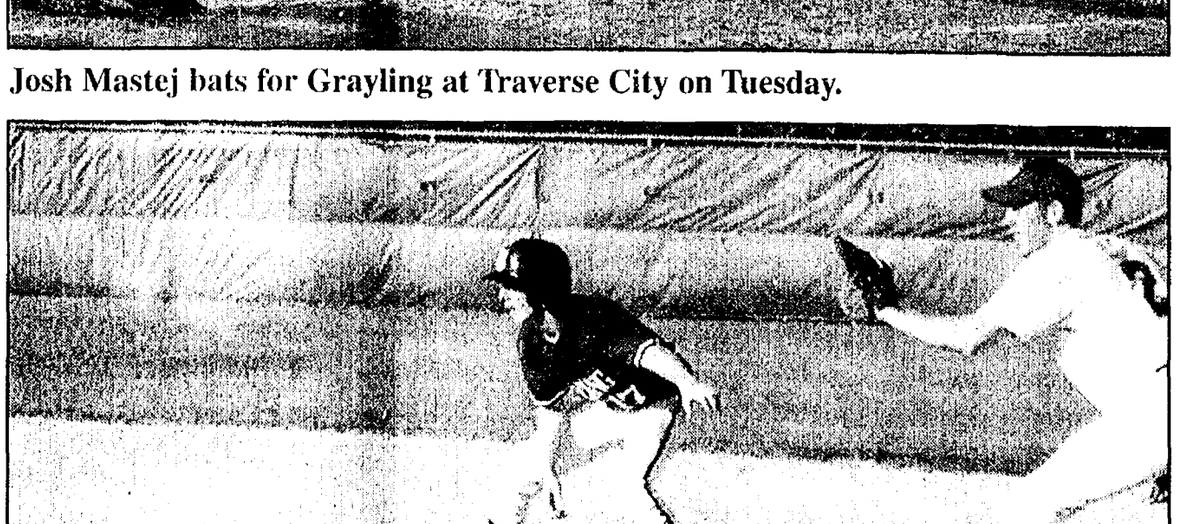
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Josh Mastej bats for Grayling at Traverse City on Tuesday.



Matt Kubenic leads off at first base vs. the Gladiators.

Ronnie Johnston bats for Grayling High School at TCSF.

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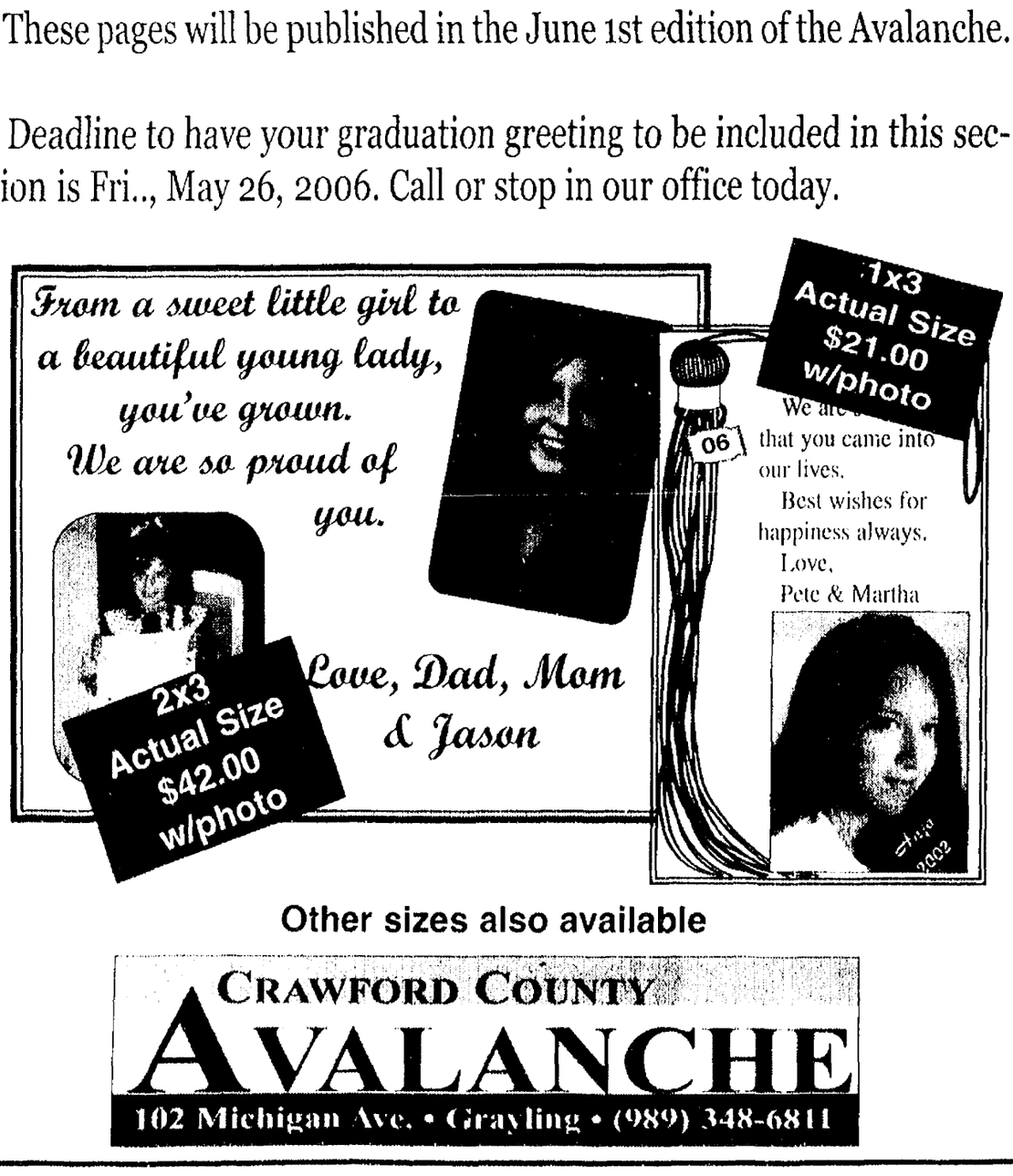


Put your favorite graduate in the spotlight now by reserving space in the special graduation section for the GHS Class of 2006.

This pull-out, keepsake section will feature the Class of 2006 with individual photos and the plans of each graduating senior, plus, photos and articles relating to the class activities and accomplishments.

These pages will be published in the June 1st edition of the Avalanche.

Deadline to have your graduation greeting to be included in this section is Fri.., May 26, 2006. Call or stop in our office today.



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Zach Dean (left) and Mitchell Salyers (right) finished 2nd in the #2 doubles competition at last week's regional tournament.

Tennis team falls five points short of state finals

■ Zach Dean and Mitchell Salyers and Scot Olson take 2nd at regionals

The Grayling High School boys tennis team tied for fourth place at last Friday's regional tournament at Traverse City, finishing just five points short of a state finals berth.

Zach Dean and Mitchell Salyers placed second in their doubles division and Scot Olson finished second at fourth singles for the Vikings.

"The team as a whole tied for fourth with Elk Rapids and were only five points away from going to states," Coach Craig Cobb said. "The guys came out and played great and as far as I know this is the best that the tennis team has done since the program restarted six years ago. They did a great job."



Scot Olson (right) – pictured with Coach Craig Cobb (left) – placed 2nd at #4 singles during last Friday's regional event at Traverse City.

Track team competes in regionals

The GHS track and field team competed in its regional tournament on Saturday at Gaylord.

Placements for Grayling's boys team included:

3200 Meter Relay – Jeff Bancroft, Moses Peters, Jason Drudge, and Reagan Schmidt, 5th place;

110 Meter Hurdles – Nick Parkinson, 6th place;

100 Meter Dash – Dusty Parens, 3rd place;

400 Meter Relay – Parkinson, Dustin Russo, Isaac VanNuck, and Parens, 5th place;

200 Meter Dash – VanNuck, 3rd place;

400 Meter Dash – Zac Baker, 4th place;

3200 Meter Run – Peters, 6th place;

1600 Meter Relay – Baker, Drudge, Bancroft, and Schmidt, 5th place.

Competitors had to finish in the top two in their event to qualify for the state finals.

"I was happy with how we ran today. Almost everyone ran personal bests. It just so happens that this year we were bumped up a division and had to run against some bigger schools. We're a young team, and we will have to adjust to be better for next year," Coach Tim Sanchez said.

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EQUAL HOUSING LENDER

LEGAL ACTION

NOTICE OF MORTGAGE FORECLOSURE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Gary M Vican single man, as his sole and seperate property, original mortgagor(s), to Mortgage Electronic Registration Systems, Inc., as nominee for lender and lender's successors and/or assigns, Mortgagee, dated February 7, 2005, and recorded on February 23, 2005 in Liber 673 on Page 878, in Crawford county records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of One Hundred Eighteen Thousand Four Hundred Eleven And 55/100 Dollars ($118,411.55), including interest at 5.75% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, at the Front door of the County building in Grayling at 10:00 AM, on June 28, 2006.

Said premises are situated in City of Grayling, Crawford County, Michigan, and are described as: Lots 491 and 492, Warbler's Hideaway Subdivision No. 4, as recorded in Liber 2, page 24 of plats, Crawford County Records.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 25, 2006
For more information, please call:
FC W 248.593.1312
Trott & Trott, P.C.
Attorneys For Servicer
30400 Telegraph Rd Ste 200
Bingham Farms, Michigan 48025-5822
File #093493F01

-25-1-8-15

NOTICE OF MORTGAGE SALE FORECLOSURE NOTICE

This is an attempt to collect a debt and any information obtained will be used for that purpose. Please contact the office below if you are in active military service.

DEFAULT having been made in the terms and conditions of a certain mortgage made by **PAMELA S. GARROD,** a married woman and **WILLIAM G. GARROD,** her husband, Mortgagors, to First Federal of Northern Michigan, Mortgagee, dated the 29th day of October, 2002, and recorded in the Office of the Register of Deeds for the County of Crawford and State of Michigan, on the 8th day of November, 2002, in Liber 606 of County Records, pages 379-393, on which mortgage there is claimed to be due, at the date of this notice, for principal and interest, the sum of Sixty Six Thousand Six Hundred Twenty Three and 10/100 Dollars ($66,623.10). And no suit or proceedings at law or in equity having been instituted to recover the debt now remaining secured by said Mortgage or any part thereof whereby the power of sale contained in said Mortgage has become operative.

Now, therefore, by virtue of the power of sale contained in said Mortgage, and pursuant to the statute of the State of Michigan in such case made and provided, notice is hereby given that on Wednesday, the 28th day of June, 2006, at 10:00 o'clock a.m., local time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, at the main entrance, Crawford County Court Facility, 200 W. Michigan Ave., Grayling, Michigan, the being the place of holding Circuit Court for Crawford County, Michigan, of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid, on said mortgage, with the interest thereon at 6.500% per annum and all legal costs, charges and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises, which said premises are described as follows: All that certain piece or parcel of land situated in the Township of Grayling, County of Crawford, and State of Michigan and described as follows, to-wit:

Lot 43, North Park Subdivision, Township of Grayling, Crawford County, State of Michigan, according to the recorded Plat thereof, as recorded in Liber 1 of Plats, Page 64, Crawford County Records.

The redemption period shall be six (6) months from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

MORTGAGEE:

FIRST FEDERAL OF NORTHERN MICHIGAN
100 S. Second Avenue
Alpena, MI 49707

Dated: May 12, 2006

Keith Wallace, P21932
Isackson & Wallace, P.C.
Attorney for Mortgagee, First Federal of Northern Michigan
114 S. Second Avenue
Alpena, Michigan 49707

-25-1-8-15

MORTGAGE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Paul W. McNamar and Rhonda E. McNamar, husband and wife, to Ameriquest Mortgage Company, Mortgagee, dated May 1, 2003 and recorded July 28, 2003 in Liber 644, Page 230, Crawford County Records, Michigan. Said mortgage is now held by Deutsche Bank National Trust Company, as Trustee of Ameriquest Mortgage Securities, Inc, asset Backed pass through certificates, series 2003-6, under the pooling and servicing agreement dated as of May 1, 2003, without recourse by assignment. There is claimed to be due at the date hereof the sum of Sixty-Nine Thousand Seven Hundred Twenty Two and 98/100 Dollars ($69,722.98) including interest at 9.38% per annum.

Under the power of sale contained in said mortgage and the statute in such case made an provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue at the front door of the County Building in Grayling in Crawford County, Michigan at 10:00 a.m. on JUNE 28, 2006.

Said premises are located in the Township of Grayling, Crawford County, Michigan, and are described as:

The Westerly half of Lots 11 and 12, Block 7, Hadley's Second Addition to the Village (now City) of Grayling, according to the plat thereof, as recorded in Liber 1 of Plats, Page 10, Crawford County Records.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA §600.3241a, in which case the redemption period shall be 30 days from the date of such sale. TO ALL PURCHASERS: The foreclosing mortgagee can rescind the sale. In that event, your damages, if any, are limited solely to the return of the bid amount tendered at sale plus interest.

Dated: May 25, 2006
Orlans Associates, P.C.
Attorneys for Servicer
P.O. Box 5041
Troy, MI 48007-5041
(248) 457-1000 File No. 211.3247
25-1-8-15-22

MORTGAGE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Roger A. Moshier and Kary L. Moshier, his wife, to Home Loan and Investment Bank, F.S.B, Mortgagee, dated July 14, 2001 and recorded July 23, 2001 in Liber 545, Page 162, Crawford County Records, Michigan. Said mortgage is now held by U.S. Bank National Association, as Trustee of CSFB ABS Trust Series 2002 HE11 by assignment. There is claimed to be due at the date hereof the sum of Fifty Thousand Three Hundred Twenty-Seven and 28/100 Dollars ($50,327.28) including interest at 12.95% per annum.

Under the power of sale contained in said mortgage and the statute in such case made an provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue at the front door of the County Building in Grayling in Crawford County, Michigan at 10:00 a.m. on JUNE 7, 2006.

Said premises are located in the City of Grayling, Crawford County, Michigan, and are described as:

The Westerly one half of Lots 7 and 8 of Block 5 of O.M. Barnes Addition to the Village (now City) of Grayling, according to the recorded Plat thereof.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA §600.3241a, in which case the redemption period shall be 30 days from the date of such sale. TO ALL PURCHASERS: The foreclosing mortgagee can rescind the sale. In that event, your damages, if any, are limited solely to the return of the bid amount tendered at sale, plus interest.

Dated: May 1, 2006
Orlans Associates, P.C.
Attorneys for Servicer
P.O. Box 5041
Troy, MI 48007-5041
(248) 457-1000 File No. 231.1113

4-11-18-25-4

LEGAL ACTION

NOTICE OF MORTGAGE FORECLOSURE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by James C. Knowles and Deborah R. Knowles, Husband and Wife, original mortgagor(s), to Guaranty National Bank of Tallahassee, Mortgagee, dated October 13, 2000, and recorded on October 31, 2000 in Liber 521 on Page 467, and assigned by said Mortgagee to The Chase Manhattan Bank as Indenture Trustee, c/o Residential Funding Corporation as assignee by an assignment, in Crawford county records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Sixty-One Thousand Three Hundred Sixty-Seven And 92/100 Dollars ($61,367.92), including interest at 12.99% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, at the Front door of the County building in Grayling at 10:00 AM, on June 21, 2006.

Said premises are situated in Township of Grayling, Crawford County, Michigan, and are described as: Lot 27, Red Wing Terrace, According to the Plat thereof as Recorded in Liber 04 of Plats, Page 22 Crawford County Records. Subject to Easements, Restrictions and Reservations of Record.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 18, 2006
For more information, please call:
FC H 248.593.1300
Trott & Trott, P.C.
Attorneys For Servicer
30400 Telegraph Rd Ste 200
Bingham Farms, Michigan 48025-5822
File #092798F01

-18-25-1-8

FORECLOSURE NOTICE

This firm is a debt collector attempting to collect a debt. Any information obtained will be used for this purpose. If you are in the Military, please contact our office at the number listed below.

MORTGAGE SALE – Default has been made in the conditions of a certain mortgage made by: Michael Girard, an Unmarried Man to Empire Mortgage XI Inc., organized and existing under the laws of Maryland Mortgagee, dated July 10, 2000 and recorded September 6, 2000 in Liber 516 Page 545 Crawford County Records, Michigan. Said mortgage was subsequently assigned to: Bayview Loan Servicing, LLC, on which mortgage there is claimed to be due at the date hereof the sum of Three Hundred Four Thousand Two Hundred and Sixty-Three Dollars and Twenty-Five Cents ($304,263.25) including interest 8.5% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, at the front door to the County Bldg. in Grayling, MI at 10:00AM on Wednesday, June 28, 2006.

Said premises are situated in City of Fredrick, Crawford County, Michigan, and are described as:
Part of the West one-half of Section 11, Town 25 North, Range 4 West described as commencing at the South one-quarter corner of said Section 11; thence North 00 degrees 38 minutes 44 seconds East, along the North-South one-quarter line of said Section 1449.05 feet to the centerline of Twin Peaks Road; thence North 54 degrees 34 minutes 00 seconds West along said centerline, 552.92 feet; thence North 40 degrees, 36 minutes 44 seconds West, along said centerline 251.56 feet to the Point of Beginning; thence South 00 degrees 38 minutes 44 seconds West. Parallel with the North-South one-quarter line of said section, 1355.00 feet; thence South 89 degrees 47 minutes 40 seconds West, parallel with the South line of said Section 645.27 feet to a point on an intermediate traverse line along the shore of Kolka Creek, said point being 20 feet from the water's edge; thence along said intermediate traverse line along the shore of Kolka Creek the following six course, North 03 degrees 05 minutes 25 seconds East, 149.16 feet; thence North 44 degrees 00 minutes 40 seconds West 78.12 feet; thence North 42 degrees, 24 minutes 05 seconds East 83.55 feet; thence North 23 degrees 11 minutes 05 seconds East 240.05 feet; thence North 73 degrees, 78 minutes 23 seconds West, 177.05 feet; thence North 04 degrees 01 minutes 16 seconds West 194.19 feet to a point on said intermediate traverse line along the shore of Kolka Creek, said point being 16 feet from the water's edge; thence leaving said intermediate traverse line, North 59 degrees, 56 minutes 26 seconds East 814.08 feet; thence North 00 degrees 38 minutes 44 seconds East, parallel with the North-South one-quarter line of said section 833.55 feet; thence North 49 degrees 23 minutes 16 seconds East 90 feet to the centerline of Twin Peaks Road; thence South 40 degrees 36 minutes 44 seconds East, along said centerline 76.15 feet to the point of beginning. Said parcel extends to the centerline of Kolka Creek and contains 15.81 acres of land more or less as measured to the intermediate traverse line. Subject to the right of way for Twin Peaks Road over the Northeasterly 33 feet thereof.

Commonly known as 7637 Twin Peaks Road, Fredrick MI 49733

The redemption period shall be 12 months from the date of such sale, unless determined abandoned in accordance with MCL 600.3241, in which case the redemption period shall be 30 days from the date of such sale.

Dated: MAY 16, 2006 Bayview Loan Servicing, LLC,
Assignee of Mortgagee

Attorneys: Potestivo & Associates, P.C.
811 South Blvd. Suite 100
Rochester Hills, MI 48307
(248) 844-5123
Our File No: 06-48052

-25-1-8-15

NOTICE OF MORTGAGE SALE FORECLOSURE NOTICE

This is an attempt to collect a debt and any information obtained will be used for that purpose. Please contact the office below if you are in active military service.

DEFAULT having been made in the terms and conditions of a certain mortgage made by **PAMELA S. GARROD,** Mortgagor, to First Federal of Northern Michigan, Mortgagee, dated the 6th day of October, 2004, and recorded in the Office of the Register of Deeds for the County of Crawford and State of Michigan, on the 19th day of October, 2004, in Liber 671 of County Records, page 984, on which mortgage there is claimed to be due, at the date of this notice, for principal and interest, the sum of Two Thousand Seven Hundred Two and 12/100 Dollars ($2,702.12). And no suit or proceedings at law or in equity having been instituted to recover the debt now remaining secured by said Mortgage or any part thereof whereby the power of sale contained in said Mortgage has become operative.

Now, therefore, by virtue of the power of sale contained in said Mortgage, and pursuant to the statute of the State of Michigan in such case made and provided, notice is hereby given that on Wednesday, the 28th day of June, 2006, at 10:00 o'clock a.m., local time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, at the main entrance, Crawford County Court Facility, 200 W. Michigan Ave., Grayling, Michigan, the being the place of holding Circuit Court for Crawford County, Michigan, of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid, on said mortgage, with the interest thereon at 12.000% per annum and all legal costs, charges and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises, which said premises are described as follows: All that certain piece or parcel of land situated in the Township of Grayling, County of Crawford, and State of Michigan and described as follows, to-wit:

Lot 43, North Park Subdivision, Township of Grayling, Crawford County, State of Michigan, according to the recorded Plat thereof, as recorded in Liber 1 of Plats, Page 64, Crawford County Records.

The redemption period shall be six (6) months from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

MORTGAGEE:

FIRST FEDERAL OF NORTHERN MICHIGAN
100 S. Second Avenue
Alpena, MI 49707

Dated: May 12, 2006

Keith Wallace, P21932
Isackson & Wallace, P.C.
Attorney for Mortgagee, First Federal of Northern Michigan
114 S. Second Avenue
Alpena, Michigan 49707

-25-1-8-15

NOTICE OF MORTGAGE FORECLOSURE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Tracey L. Hubbard, a married woman and Thomas L. Hubbard, husband of Tracy L. Hubbard, signing this mortgage for the sole purpose of subordinating his homestead interest in said property, original mortgagor(s), to Watson Group Financial Corp., a Michigan Corporation, Mortgagee, dated February 9, 1996, and recorded on March 12, 1996 in Liber 408 on Page 451, and assigned by said Mortgagee to Bank of America, FSB as assignee by an assignment, in Crawford county records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Fifty-Five Thousand Sixty-Four And 90/100 Dollars ($55,064.90), including interest at 7.125% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, at the Front door of the County building in Grayling at 10:00 AM, on June 7, 2006.

Said premises are situated in Township of Frederic, Crawford County, Michigan, and are described as: part of the Northwest 1/4 of the Southwest 1/4 of Section 29, Town 27 North, Range 4 West, Frederic Township, Crawford County, Michigan: commencing at the center of said Section 29, thence South 89 degrees 23 minutes West (along the East and West 1/4 line of said Section 29), 387.8 feet, thence South 34 degrees 02 minutes West, 408.25 feet; thence South 17 degrees 05 minutes West, 684.00 feet; thence South 71 degrees 54 minutes West, 525.55 feet; thence North 1 degree 51 minutes 30 seconds West, 33 feet for the point of beginning; thence South 83 degrees 13 minutes West, 131.15 feet, thence North 36 degrees 48 minutes 30 seconds West, 573.0 feet, thence North 53 degrees 11 minutes 30 seconds East, 40 feet, thence North 36 degrees 48 minutes 30 seconds West, 129.4 feet to the left bank of the Manistee River, thence Northeasterly (along said river bank), 160 feet, thence South 36 degrees 11 minutes 15 seconds East, 592.5 feet, thence South 1 degree 51 minutes 30 seconds East, 123.85 feet to the point of beginning. This parcel extends to the water's edge of the Manistee River, Crawford County Record

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 4, 2006
For more information, please call:
FC G 248.593.131
Trott & Trott, P.C.
Attorneys For Servicer
30400 Telegraph Rd Ste 200
Bingham Farms, Michigan 48025-5822
File #039810F02

-4-11-18-25

Notice Of Mortgage

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Susan I. Marvel, and Roger Allen Mater, Jr., wife and husband, to Mortgage Electronic Registration Systems, Inc., Mortgagee, dated February 13, 2004 and recorded March 11, 2004 in Liber 666, Page 810, Crawford County Records, Michigan. Said mortgage is now held by JPMorgan Chase Bank, as Trustee by assignment. There is claimed to be due at the date hereof the sum of Sixty-Four Thousand Two Hundred Four and 40/100 Dollars ($64,204.40) including interest at 7.50% per annum.

Under the power of sale contained in said mortgage and the statute in such case made an provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue at the front door of the County Building in Grayling in Crawford County, Michigan at 10:00 a.m. on MAY 31, 2006.

Said premises are located in the Township of South Branch, Crawford County, Michigan, and are described as:

The Southerly 6 Rods (99 feet) of the Northwest one quarter of the Northwest one quarter of Section 36, Town 25 North, Range 2 West, Township of South Branch, Crawford County, Michigan and the Northerly 6 Rods (99 feet) of the Southwest one quarter of the Northwest one quarter of Section 36, Town 25 North, Range 2 West, Township of South Branch, Crawford County, Michigan.

The redemption period shall be 12 months from the date of such sale, unless determined abandoned in accordance with MCLA §600.3241a, in which case the redemption period shall be 30 days from the date of such sale. TO ALL PURCHASERS: The foreclosing mortgagee can rescind the sale. In that event, your damages, if any, are limited solely to the return of the bid amount tendered at sale, plus interest.

Dated: April 27, 2006
Orlans Associates, P.C.
Attorneys for Servicer
P.O. Box 5041
Troy, MI 48007-5041
(248) 457-1000
File No. 207.4627

-27-4-11-18-25

NOTICE OF MORTGAGE FORECLOSURE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Jeffrey J. Kaluza, Single, original mortgagor(s), to Beneficial Michigan, Inc., Mortgagee, dated June 22, 2005, and recorded on June 28, 2005 in Liber 676 on Page 68, in Crawford county records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of One Hundred Four Thousand Eighty-Two And 36/100 Dollars ($104,082.36), including interest at 7.79% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, at the Front door of the County building in Grayling at 10:00 AM, on June 21, 2006.

Said premises are situated in City of Grayling, Crawford County, Michigan, and are described as: Lot 3, Block 10, Roffee's Addition to the Village (Now City) of Grayling, Crawford County, Michigan, According to the Recorded Plat thereof, as Recorded in Liber 01 of Plats, Page 11, Crawford County Records.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 18, 2006
For more information, please call:
FC H 248.593.1300
Trott & Trott, P.C.
Attorneys For Servicer
30400 Telegraph Rd Ste 200
Bingham Farms, Michigan 48025-5822
File #091272F01

-25-1-8-15

FORECLOSURE NOTICE

This firm is a debt collector attempting to collect a debt. Any information obtained will be used for this purpose. If you are in the Military, please contact our office at the number listed below.

MORTGAGE SALE – Default has been made in the conditions of a certain mortgage made by: Michael Girard, an Unmarried Man to Commonpoint Mortgage, organized and existing under the laws of The State of Michigan Mortgagee, dated March 13, 1998 and recorded April 6, 1998 in Liber 450 Page 509 and said mortgage was partially released in Instrument dated August 4, 1999 and recorded February 29, 2000 in Liber 502, Page 274, Crawford County Records, Michigan. Said mortgage was subsequently assigned through mesne assignments to: Bayview Loan Servicing, LLC, on which mortgage there is claimed to be due at the date hereof the sum of Three Hundred Four Thousand Two Hundred and Sixty-Three Dollars and Twenty-Five Cents ($304,263.25) including interest 8.5% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, at the front door to the County Bldg. in Grayling, MI at 10:00AM on Wednesday, June 28, 2006.

Said premises are situated in City of Fredrick, Crawford County, Michigan, and are described as:
Part of the West one-half of Section 11, Town 28 North Range 4 West, Frederick Township, Crawford County Michigan, described as: Commencing at the south one-quarter corner of said section; thence North 00 degrees, 32 minutes 35 seconds East along the North and south one-quarter line 1327.30 feet to the South one-eighth line for a point of beginning; thence South 89 degrees 54 minutes 40 seconds West along the South one-eighth line 1546 feet; thence North 04 degrees 10 minutes East 295.5 feet thence North 89 degrees 54 minutes 40 seconds East 1284.35 feet; thence South 54 degrees 34 minutes East 286.3 feet to the North and South one-quarter line; thence South 00 degrees 32 minutes 35 seconds West 122 feet to the point of beginning.

Except part of the West one-half of Section 11, Town 28 North, Range 4 West described as: Commencing at the South one-quarter corner of said Section 11; thence North 00 degrees 38 minutes 44 seconds East, along the North-South one-quarter line of said Section 1327.05 feet (previously recorded as North 00 degrees 32 minutes 35 seconds East 1327.30 feet) to the Point of Beginning; thence continuing North 00 degrees 38 minutes 44 seconds East along said

one-quarter line, 122.00 feet to the centerline of Twin Peaks Road; thence North 54 degrees 34 minutes 00 seconds West, along said centerline 297.20 feet (previously recorded as 297.30 feet); thence North 90 degrees 00 minutes 00 seconds West (previously recorded as South 89 degrees 54 minutes 40 seconds West), 493.81 feet; thence South 00 degrees 38 minutes 44 seconds West parallel with said North-South one-quarter line, 295.08 feet to the South one-eighth line of said

Section; thence North 89 degrees 56 minutes 26 seconds East (previously recorded as North 89 degrees 54 minutes 40 seconds East), 737.92 feet to the Point of Beginning.

Commonly known as 7637 Twin Peaks Road, Fredrick MI 49733

The redemption period shall be 12 months from the date of such sale, unless determined abandoned in accordance with MCL 600.3241, in which case the redemption period shall be 30 days from the date of such sale.

Dated: MAY 16, 2006 Bayview Loan Servicing, LLC,
Assignee of Mortgagee

Attorneys: Potestivo & Associates, P.C.
811 South Blvd. Suite 100
Rochester Hills, MI 48307
(248) 844-5123
Our File No: 06-48051

-25-1-8-15

NEED RUBBER STAMPS?
AVALANCHE

KIRTLAND COMMUNITY COLLEGE REQUEST FOR PROPOSALS

Kirtland Community College is accepting proposals from electrical contractors for the period of July 1, 2006 through June 30, 2007 to perform minor electrical work (jobs that are not expected to exceed $1,500 in scope) at college facilities.

Proposals will be received until Thursday, June 15, 2006 at 3:30 p.m. in Kirtland Community College's facilities management office at which time they will be open and publicly read. All proposals must be submitted on the official bid sheet. Bid documents may be obtained in the facilities management office or by calling 989-275-5000, Ext. 263 during regular business hours. The college reserves the right to accept or reject any or all proposals and/or re-bid the project. Proposals must remain firm for a period of thirty days after the official bid opening.

Any questions regarding this project should be directed to JoAnn Comerford, Director of Facilities Management at 989-275-5000, Ext. 249.

PUBLIC HEARING NOTICE SOUTH BRANCH TOWNSHIP MASTER PLAN

7:00 P.M.
June 1, 2006
South Branch Township Hall
5245 N. M-18
Roscommon, MI 48653

The South Branch Township Planning Commission will hold a public hearing on the draft Master Plan at 7:00 p.m. on June 1, 2006 at the Township Hall. All interested persons are invited to attend the hearing and comment on the draft plan. For further information call South Branch Township at (989) 275-8232. A copy of the draft Master Plan can be reviewed at the Township Hall or on the web at: http://www.nemcog.org/South-Branch-Township_MP.htm

KIRTLAND COMMUNITY COLLEGE REQUEST FOR PROPOSALS

M-TEC at Kirtland Gaylord is accepting proposals for rubbish removal services for the period of July 1, 2006 through June 30, 2007 at its facilities located at 60 Livingston Blvd., Gaylord, Michigan.

Proposals will be received until Thursday, June 15, 2006 at 3:30 p.m. in Kirtland Community College's facilities management office in Roscommon, Michigan at which time they will be open and publicly read. All proposals must be submitted on the official bid sheet. Bid documents may be obtained in the facilities management office or by calling 989-275-5000, Ext. 263 during regular business hours. The college reserves the right to accept or reject any or all proposals and/or re-bid the project. Proposals must remain firm for a period of thirty days after the official bid opening.

Any questions regarding this project should be directed to JoAnn Comerford, Director of Facilities Management at 989-275-5000, Ext. 249.

KIRTLAND COMMUNITY COLLEGE REQUEST FOR PROPOSALS

Kirtland Community College is accepting proposals for the following for a period of July 1, 2006 through June 30, 2008:

PLUMBING CONTRACTOR: to perform minor plumbing work (jobs that are not expected to exceed $1,500 in scope) at college facilities.

PAINTING CONTRACTOR: to perform minor painting work (jobs that are not expected to exceed $1,500 in scope) at college facilities.

Proposals will be received until Thursday, June 8, 2006 at 3:30 p.m. in Kirtland Community College's facilities management office at which time they will be open and publicly read. All proposals must be submitted on the official bid sheet. Bid documents may be obtained in the facilities management office or by calling 989-275-5000, Ext. 263 during regular business hours. The college reserves the right to accept or reject any or all proposals and/or re-bid the project. Proposals must remain firm for a period of thirty days after the official bid opening.

Any questions regarding this project should be directed to JoAnn Comerford, Director of Facilities Management at 989-275-5000, Ext. 249.

FEATURES

A LOOK AT OUR PAST
FROM THE PAGES OF THE AVALANCHE



Two and a half year old Katie Olson feeds two small lambs with milk from a bottle at Hillside Farm.

23 Years Ago
May 26, 1983

The Crawford AuSable School District will ask voters in September for a new middle school attached to the high school. The school board decided on the attached option after looking at public survey results favoring the attached building.

Grayling High School's top ten seniors for 1983 have been named. Two students, Beth Jones and David Martella will share valedictorian honors and Kristen Casler will be the salutatorian.

May 27- May 30 will be the grand opening of The Nickelodeon. The Nickelodeon, located at 308 Michigan Avenue will serve ice cream, shakes, floats, submarine's, BBQ beef sandwiches and coney dog's.

"The man from Snowy River" rated PG, is showing at the Rialto Theatre this week. Effective June 1, new admission prices will be $3 for adults and $1.75 for children under 12.

On May 16, some hard working thieves managed to cart off nearly 30 tons of military vehicles intended for use as targets on Camp Grayling ranges. Two and a half armored personnel carriers weighing 12 tons each, along with wheels and tracks from other vehicles, were apparently loaded on a semi-truck trailer during the night and hauled away.

46 Years Ago
May 26, 1960

The 1960 census reveals that Crawford County has reached its highest population in history with 4,917 people. This is an increase of an even 766 since the 1950 census.

On US-27, seven miles north of Grayling the site of the new Animal Land Zoological Park will be located. Wesley Hunt and James Ackron, Jr., will be the proprietors of this new venture that plans to open on June 15.

A Michigan Quiz program was held in the Grayling High School auditorium, the purpose of which was to dramatize or publicize the state during Michigan Week.

The Grayling High School Girls Glee Club, under the direction of Mrs. Roy Milnes, brought home the award of a "superior" rating from the State Vocal Association at the annual District Spring Festival of Glee Clubs held at East Tawas.

Both units of the Grayling Conservation Department Equipment Station were called out to control a small forest fire which burned over 4 1/2 acres in 45 minutes in the AuSable Trails subdivision area on North Down River Road.

Five people have filed petitions to run for election as members of the Frederic School Board, they are Mrs. Beulah Weaver, Arthur Mayer, Ed Lozon, Pat Harwood and Kenneth Newberry.

69 Years Ago
May 27, 1937

The "Grayling Restaurant," a new eating place in the city, will be opened to the public in the former Grayling Hardware building. Mrs. Sadie Bobenmoyer and Mrs. Daisy Barnett are the proprietors.

Jack McClain is assisting as clerk in the Connine grocery.

George S. Burrows has purchased the property of Mrs. N. P. Olson on the corner of Chestnut and Ottawa streets, known as the M. Simpson property.

Otto Failing, caretaker of the Game Refuge on Lake Margrethe, trapped a mother coyote and five little ones recently.

The seniors chose Wednesday as their Senior Skip Day and all went to Lansing.

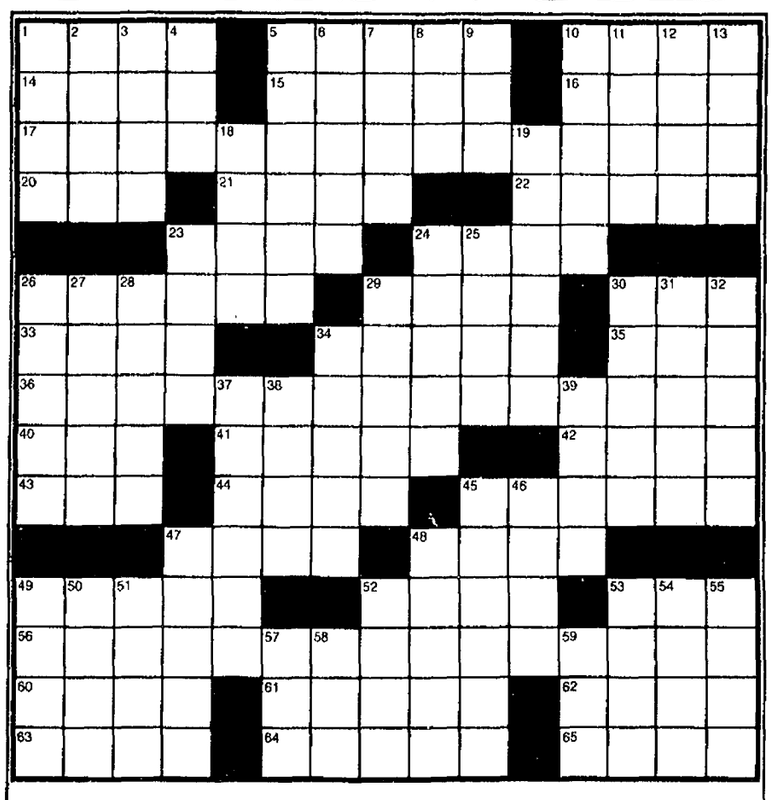
Otto Peterson got his limit of trout, all brooks, on the AuSable. It's the first time he has gotten the limit in two years, so he tells us.

92 Years Ago
May 28, 1914

R. Hanson fenced off 2,500 acres of land a few miles north of the city and will be used as a cattle ranch. Forty head of cattle are already there. Tony Nelson will be the manager.

The pitching staff of the Grayling baseball team consists of Carl Johnson, Elmer Haire and "Babe" Laurant

CROSSWORD



Across
1. Fruit-filled tart.
5. Long frill in bodice front of.
10. Tame parrot.
14. Wrinkle.
15. Avoid blame.
16. Trojan War site.
17. Shown by example.
20. _ DiBiase, wrestler.
21. Molded mass of bread.
22. Telephone.
23. Bottle tops.
24. Forming viscous threads.
26. Intelligent.
29. Matter ejected.
30. Cut with blower.
33. _ of the Dogmen.
34. Shin bone.
35. _ Mae Brown, Ghost character.
36. Hardening of the arteries.
40. _ Laughing.
41. Not asleep.
42. Dissenting clique.
43. Longest division of geological time.
44. Hip term for "cool."
45. Make public.
47. Last three fingers of the sword hand.
48. Command against.
49. Period of rule.
52. Knee.
53. Sheep's cry.
56. Strong attachment to ecclesiastical usages.
60. Wearisome.
61. Main blood vessel.
62. Leward side.
63. Airborne particulate matter.
64. Fifth son of Jopheth.
65. _ Koontz, writer.

Down
1. Express discomfort.
2. Luxury.
3. Old.
4. Vietnam.
5. Old, unreliable vehicle.
6. Assumed name.
7. _ Yeager, actor.
8. Broad sash worn with a kimono.
9. Local, habitual face twitching.
10. Precisely meaningful.
11. Potpourri.
12. National emblem of Great Britain.
13. Diane _, actress.
18. Definite purpose.
19. Come into existence.
23. Command.
24. Russian money.
25. Person from Oklahoma.
26. Expanded leaf portion.
27. Quotient of two similar quantities.
28. Deathly pale.
29. Fussy about food.
30. Eighth century Hebrew prophet.
31. Authoritative proclamation.
32. Squander.
34. Powerful businesspeople.
37. Deep narrow, steep-sided valley.
38. Indebted for.
39. Capital of Norway.
45. Pertaining to dentine.
46. Small case for toilet articles.
47. Sheath over shoelace end.
48. Chaste.
49. _ Volkert, Merle Haggard guitarist.
50. Very light brown.
51. Decorates with frosting.
52. Mode of dress.
53. Ill manor.
54. In the direction of the sea.
55. So be it.
57. Past tense of "sit."
58. Informal debt instrument.
59. Bounder.

ANSWERS IN THE CLASSIFIEDS

RECIPE OF THE WEEK



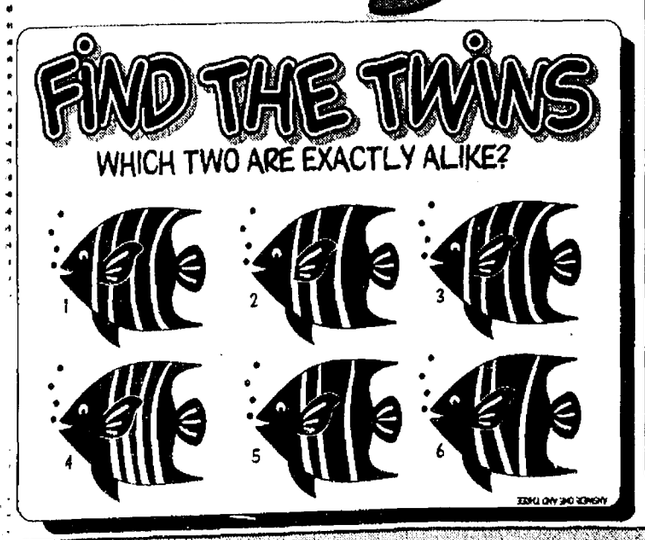
Gingered Sweet Potato-Apple Salad

1	can (15 ounces) sweet potatoes or yams, in light syrup, drained and cubed	1/2	cup coarsely chopped cashews
1	can (8 ounces) pineapple tidbits, drained	1/4	cup honey mustard dressing
1	apple, cored and diced	2	teaspoons freshly grated ginger
1/2	cup diced celery	6	cups mixed salad greens

Combine sweet potatoes, pineapple, apple, celery and cashews in a large bowl. In a small bowl, combine salad dressing and ginger; pour over sweet potato mixture; toss lightly. Cover and chill for at least 1 hour. Serve over salad greens.

Makes 6 servings

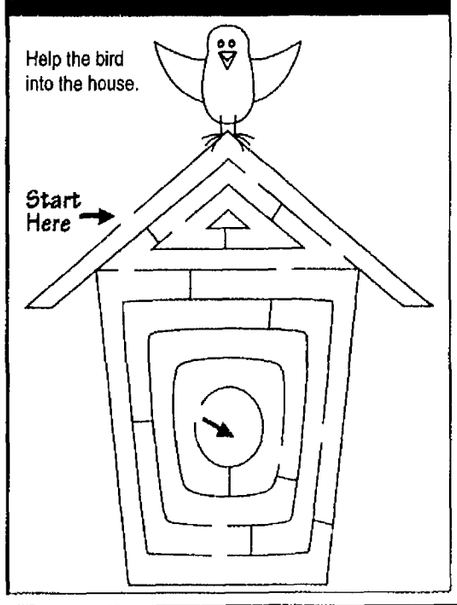




DID YOU KNOW ??

The sound of E.T. walking was made by someone squishing their hands in jelly.

MAZE



HOROSCOPES
For the week of May 25, 2006



December 22–January 19
Sweet as honey. That's how you have been feeling these days, Capricorn, and it shows. People will gravitate in your direction and you will be the star of the show!



March 21–April 19
A tiff among friends becomes heated. Don't step in, Aries, unless you are prepared to go that extra mile. A love lost turns out to be a blessing. Thank your lucky stars.



June 22–July 22
The end of spring revitalizes you and motivates you to make a fresh start. Take your time, Cancer, and don't move to another project until one is completed.



September 23–October 22
Frazzled nerves call for a vacation, Libra. Think big and go someplace exotic. A memo at work puts an end to everyone's concerns and brings the rumor mill to a grinding halt.



January 20–February 18
You can't have your pie and eat it, too, Aquarius, at least not this time anyway. Make allowances and work to find common ground. A tiny package bears a big delight!



April 20–May 20
Your options are limited, Taurus, and you must weave some creative magic to succeed. A rare peek into a coworker's life gives you reason to be thankful for what you have.



July 23–August 22
You don't have to be perfect all of the time, Leo. In fact, now is a good time not to be at home. Your relaxed attitude will put guests at ease and allow everyone to have a good time.



October 23–November 21
Good fortune frowns on you, Scorpio, and you must take measures to cut back. Lucky for you, the reduction in spending won't affect an upcoming trip.



February 19–March 20
Kind gestures require reciprocation, Pisces. Be creative and let others know how you feel. Suspicions at home continue to evolve as more of the story is revealed.



May 21–June 21
The desire to build stronger family ties grows. Do what you can, Gemini, to make it happen. Throw frequent get-togethers, send letters or make phone calls.



August 23–September 22
A discussion adds fuel to the fire. Use the fury to further the work on a project, Virgo. The deadline is looming. A break in a case gives you reason to celebrate.



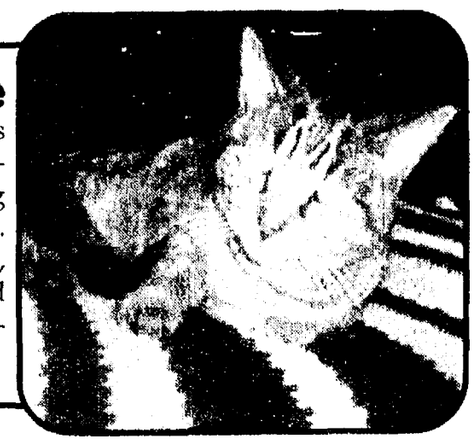
November 22–December 21
Born to be wild. That's what others have started to think of you, Sagittarius. If the shoe fits, don't give it another thought. If it doesn't, make changes to show the real you.

FOR ENTERTAINMENT PURPOSES ONLY

ADOPT A PET



Gidget is a German Wirehaired Pointer who plays fetch and follows commands well. She weighs 70 lbs., is spayed and fully vaccinated. She's waited since November for a new, loving home.



Mr. Beebe is a cool cat! He's friendly, affectionate and gets along with other cats. He's neutered, leukemia tested and fully vaccinated.

The Animal Shelter of Crawford County is a participating member of the Very Best Pet Network.

The Animal Shelter of Crawford County is located at:
508 1/2 Huron Street *(M-72 East)* in Grayling
Between the Road Commission and the Eagles Hall
Hours: Open 9 to 3 Monday thru Saturday, 9 to 12 on Sundays and Holidays
After hour appointments available. Call (989) 348-4117
For more pets or more information, visit our website www.ascc.petfinder.com

WEATHER
Courtesy of the City of Grayling

Last Week

Date	H	L	Precip. Inches
5/17	71	43	0
5/18	67	42	.05
5/19	43	40	0.20
5/20	50	39	0
5/21	68	34	0.14
5/22	45	29	0.03
5/23	55	27	0

Extended Forecast
(Courtesy of the Weather.com)

Thursday	Friday	Saturday	Sunday	Monday	Tuesday
High 81	High 70	High 80	High 91	High 89	High 77
Low 54	Low 47	Low 56	Low 64	Low 59	Low 53
Isolated T-Storms	T-Storms	Partly Cloudy	Isolated T-Storms	Scattered T-Storms	Scattered Showers

ADVERTISING CLASSIFIED

Classifieds must be paid for in advance
Display Advertising Rate - $8.00 per column inch
Deadline for Display Classifieds - 12 noon, Monday
Classifieds by the word rate - $6.00 for 15 words or less, 10¢ per each additional word; includes Internet listing: www.avalanche.townnews.com
Classified by the word deadline - 12 noon, Tuesday

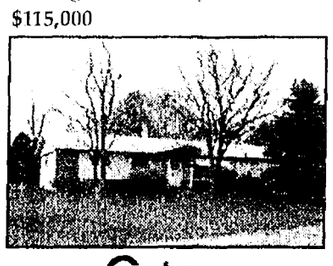
Crawford County Avalanche

1. Real Estate

AUTOMATICALLY RECEIVE NEW LISTINGS e-mailed to you. Call us at 348-5474 or email to cnt21@i2k.com Century 21 River Country Real Estate. Visit our web: www.century21grayling.com (2/23/06tf/1)



Great location and well maintained home features 3 bedrooms, living room, family room with fireplace, and then in the full basement there is a den, game room/bar area and utility room. Attached 2 car garage and a large fenced yard. **#5617 $115,000**



Century 21 River Country Real Estate
5688 M-72 West, Grayling
(989) 390-2888 & (989) 348-5474

1. Real Estate

GREAT HOME for small family, or cottage, 2 blocks from Lake Margrethe. 3 bedroom, 1 bath, garage, quiet, low traffic neighborhood, 1/2 acre lot. Built in 1992, solid construction, well maintained, appliances available. Raise a family or enjoy the north. $84,000, all reasonable offers considered. (989) 348-7515. (LR6/1/06/1)



1. Real Estate

2001 SINGLE WIDE MODULAR Three bedroom, two full baths, two outside decks, with skirting, all major appliances. Call 989-275-8172. $27,000. (LR5/25/06/1)

FOR SALE: MOBILE HOME Detroiter, 14 x 65', 3 bedroom, 1.5 baths, suitable for hunting cabin, rebuilt furnace. $300/OBO. Call Jim at 989-348-6674. (LR6/15/06/1)

1. Real Estate

1950 SQ. FT. living space on .84 acre, 675 Robinhood Lane, $133,000. Open house Thursday, June 1, 6 - 8 pm, and Saturday, June 10, 11 am - 1 pm. 344-2760. (-25/1)

LOW INCOME housing available to purchase. Apply with Connie at Century 21. Call for an appointment. 348-5474 or cell 390-2888. Currently 5 homes available. (2/23/06tf/1)

ASSUME MORTGAGE $72,000. Grayling 4 bedroom, 2 bath, 1.4 acres joining state land. Great hunting, fishing, snowmobiling. Easy financing regardless of credit. Call 989-390-3997 or 989-390-9889. (-11-18-25/1)

SECLUDED 2 BEDROOM CHALET with spacious loft, 5 acres hardwoods, huge 2 story garage. Near AuSable main stream, 7 miles east of Grayling. Must sell, $124,000. 989-390-4047. (LR6/15/06/1)

3/4 BEDROOM 1 1/2 bath, 2 1/2-car garage. New roof siding, and windows in 2004. $135,000. 989-710-6114. (-18-25/1)

2 LARGE beautiful, adjacent lots in Uppnorthe #3. Hardwoods, maple, beach, ash, Trillium ground cover. Power and phone available. $4,750 each or $9,000 for both. Land contract terms or discount for cash. 989-821-5900. (-18-25-1/1)

1. Real Estate

HOME FOR SALE Moving north and looking for some peace and quiet? You found it. Over 175 feet of AuSable River frontage, and only 25 feet from the river. You can fly fish from the 750 sq. ft. wrap-around deck. Enjoy this 2,175 sq. ft. brick, 4 bedroom, 2 bathroom home, located on the East Branch of the famed AuSable River, only 1 mile north of Mercy Hospital. Featuring a full sized kitchen, living room, finished walkout basement, natural gas log fireplace, hot tub, large cedar sauna and much more. The manicured lawn, watered from an underground sprinkler system, looks like a well maintained golf course. $255,500. Make me an offer. Call 989-348-2083 for showing by owner. (-25-1/1)

HOME FOR SALE immediate occupancy. Approx. 1,200 sq. ft., four bedrooms, 2 baths. Recent improvements include: windows, vinyl siding, septic & drain field, roof, paved side walks, and more. Deck off kitchen with a nice back yard. Includes a large 12 x 14, two-story shed. New two-car detached garage with remote door. Natural gas and cable, appliances included. Great location, less than one mile from city limits, Hanson Hills, snowmobile trails and Lake Margrethe. $82,000. Call 989-348-2069. (-18-25/1)

1. Real Estate

5 LOTS to choose from in Little Richard's Estates, 3 miles north of Roscommon. Power, telephone, cable TV available. Gerrish Higgins Schools. $6,500 each. Land contract terms, discount for cash. 989-821-5900. (-18-25-1/1)

HOUSE FOR SALE by owner. Close to everything, including Gaylord. 2 1/2 baths, 3 bedrooms, finished basement with gas fireplace, out building with wood burner, great for woodworkers. Owners will be selling furnishings, antiques, and collectibles upon the sale of the house. Great opportunity for purchaser. Must see to appreciate. 910 Briar Lane, Gaylord, MI., 989-619-9240. $135,000. (-25-1/1)

NEW PRICE Seller will pay up to $4,000 of buyers closing cost. Very nice 3 bedroom, 1 1/2 bath home with 2-car garage and full basement, located in Sherwood Forest. Now only $80,500. Ask for Randy Thompson at Century 21 River Country Real Estate, 348-5474 or stop in and get all the details: 5688 W. M-72. (-25/1)

NEWER 3 BEDROOM 2 bath home on large lot. Priced right, $59,900. Will take partial 2nd. 732-1222 or 989-619-1459. (-25-1-8/1)



CHARLENE SCHEER
Broker / Owner
Limited Real Estate Appraiser
CRB, GRI, CRS, ABR

RE/MAX® of Grayling
5728 M-72 West
EACH OFFICE INDEPENDENTLY OWNED & OPERATED
Above the Crowd!®



CRAIG HINKLE
Broker/Owner
State Licensed Appraiser

No more sleepless nights



LOCATION, LOCATION, LOCATION Charming home. 3 bedrooms, 1 bath. Newly remodeled, large living room, nice back yard, covered front porch, deck in back, copper window flower boxes, very nice. Turn key. Immediate Occupancy. **CS-2313 $89,500**



DESIGNED WITH DISTINCTION. This 4 bedroom, 2 1/2 bath home has many features. Kitchen offers hickory cabinets, 2 Lazy Susans and pantry. Top of the line appliances and Neptune washer and dryer to stay. Large laundry room with folding counter. Dining room offers wet bar and snack bar. Living room offers a gas fireplace and large family room. Large breezeway off garage with 1/2 bath. **CS-2216 $169,900**

Worried about selling your home?

You can relax when you've got RE/MAX.

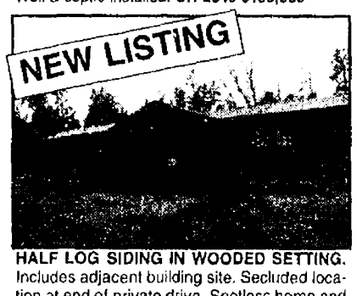
RE/MAX agents average more experience and more sales than other agents. They know what it takes to sell a home, because they do it all the time.

You'll find RE/MAX agents in offices across the country and around the world, staying up late so you don't have to.

Why not call one today and get some sleep tonight?

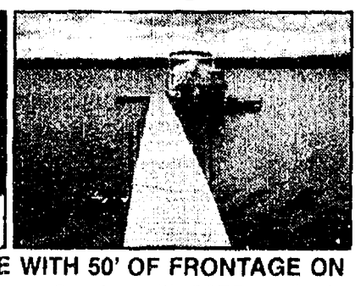


BEAUTIFUL SETTING AMONGST ROLLING HARDWOODS Custom Home!! Very Secluded!! Only 1/2 mile off I-75 which makes an ideal and convenient location. 2,540 s.f. home in "shell" status. Interior partitioned and rough plumed. Designed w/ 3 B/R, 2 1/2 baths, office, formal dining and 840 s.f. basement. Sunken Great Room design w/ vaulted ceiling. 3 car attached garage, 12x22 sun room and 644 s.f. rear deck. Well & septic installed. **CH-2343 $159,900**



HALF LOG SIDING IN WOODED SETTING. Includes adjacent building site. Secluded location at end of private drive. Spotless home and grounds. 1,585 S.F., 3 B/R, 2 bath home. Master bedroom suite, vaulted ceiling, raised panel interior doors, window A/C, washer and dryer negotiable. 24 x 62 garage, 220 electrical service and drive through doors. Grayling school district, Kalkaska County. **CH-2342 $119,500**

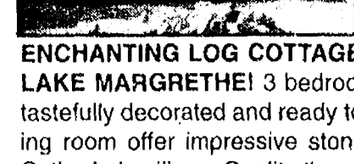




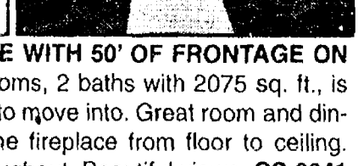
ENCHANTING LOG COTTAGE WITH 50' OF FRONTAGE ON LAKE MARGRETHE! 3 bedrooms, 2 baths with 2075 sq. ft., is tastefully decorated and ready to move into. Great room and dining room offer impressive stone fireplace from floor to ceiling. Cathedral ceilings. Quality throughout. Beautiful views. **CS-2341 $445,000**



CURB APPEAL!!! Best describes this landscaped yard. Large shady lot with mature hardwoods. 1,632 s.f., 4 B/R, 2 bath Colonial. Full basement, brick fireplace with gas insert. Covered front porch and extensive rear decking. Detached insulated garage, attached garage, 12 x 16 storage building, plus concrete/blacktop drive. 2 water wells, Vermont casting woodstove w/brick hearth in basement, wired for generator and new roof. Home is spotless inside and out! **CH-2340 $169,000**



LOOKING FOR A GOOD BUY? This 3 bedroom, 1 bath home is located on a double lot (120 x120). Hardwood floors. Large breezeway, large picture window in living room, open kitchen and dining area. Drywall has been freshly painted. New vinyl siding, 2 years old. New floors in kitchen and dining area. New furnace and hot water heater. Home has immediate occupancy and is turn-key. Come see the value! **CS-2192 $74,500**



NICELY WOODED RIVERFRONT SETTING WITH 82' FRONTAGE ON THE AUSABLE RIVER. Cute & cozy home or cottage. 724 s.f., 2 bedrooms, 1 bath, knotty pine interior, and a Ben Franklin woodstove. 8 x 10 storage building and a dock in river. **$95,900 CH-2302**



EXCELLENT OPPORTUNITY PRICED BELOW ASSESSED VALUATION Log Lake Frontage. 1,200 s.f. ranch home with 3 bedrooms and 2 baths. 9ft. French doors into great room overlooking small 8 acre lake (32' deep). 18 x 24 garage, landscaped yard, split rail fencing, circle black top drive and 12 x 16 storage shed/bunk house. **$141,500 CH-2325**

(989) 348-7440 You're #1 with us **800-731-4002**

See us on the internet www.remax-grayling-mi.com

Office Hours: Mon. - Fri. 8 a.m. to 5 p.m. • Sat. 9 a.m. to 5 p.m. • Sun. 9 a.m. to 2 p.m.

Century 21 RIVER COUNTRY

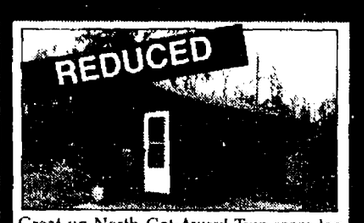
Winning Office of 8 Quality Service Awards



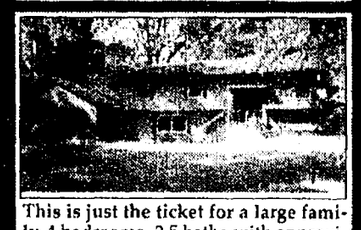
Very well maintained four bedroom ranch home, all on one level, no stairs. Beautiful yard, double corner lot, just outside the city limits. Close to hospital, schools and library. Neat as a pin, move right in. **$128,500 #5684**



Excellent location on the South Branch of the AuSable River. Property offers privacy yet close to town. As the owner you will enjoy 520' of frontage on 2.1 acres. Great spot to build and enjoy many recreational amenities. **$99,000 #5685**



Great up North Get-Away! Two room log cabin with knotty pine interior and 20 x 24 garage, located just minutes from the famed AuSable River and from Wakeley Lake. Enjoy the solitude of Northern Michigan in this affordable vacation home. **$36,000 #5672**



This is just the ticket for a large family. 4 bedrooms, 2.5 baths with approximately 2,600 s.f.. It has a full finished lower level, nice back yard, deck, large garage w/attached work area behind and a paved drive. Mature hardwoods. **$150,000 #5661**



40 acres of awesome property! State land on all 4 sides with ALL YEAR round access. Cabin has electricity, propane heat, outside hand pump and a path to the bath. Owner's portion of royalties to oil well are included in sale. **$139,000 #5418**



Stunning english country home sitting on the banks of the AuSable River! Home has just gone under total restoration and features 3 bedrooms, 2 baths, ceramic tile and hardwood flooring, stained glass doors, french doors, and antique chandeliers! **$245,000 #5530**



Beautiful Victorian home located in downtown Grayling. Features include: 6 bedrooms, 2 1/2 baths, 3 fireplaces, a full basement, a large new kitchen, finished attic, large sun porch, formal dining room, maintenance free vinyl siding, 2 car garage and so much more!! **$350,000 #5610**



Enjoy this 3 bedroom, 1 bath home/cottage on large lot. Home features knotty pine interior, huge living room, wood burner and attached garage plus a 32 x 56 pole building with heated workshop for all the toys. Property is just steps away from Crooked Lake. Perfect for primary residence or weekend get-a-way **#5620 $102,000**



Great Business Opportunity on a main Highway just north of Grayling. This building is presently operated as an Auto repair/Service facility. Large corner location has many possibilities. Motivated Seller! **$85,000 reduced from $129,000 #5687**

Beautiful building lot with drive and cleared building site on paved maintained road. 90% wooded. Ready for walkout basement if you wish. **$9,500 #5529**

www.century21grayling.com
989-348-5474
877-763-1478
5688 West M-72
Grayling, Michigan 49738

Secluded, Square 10 Acres, Near Kneff Lake. This rare sqaure parcel is perfect for any outdoor activity. Build the cabin or build a full time home to enjoy it all year round. If camping is your thing, don't let this one get away. **$31,000 #5636**



Randy Thompson, Broker / Owner
Connie Winans, Associate Broker
Casey Thompson, Sales Agent
Randall Hartley, Sales Agent
Bill Borchers, Sales Associate
Jerry Gosnell, Associate Broker
Bob Pollack, Associate Broker
Scott Hanson, Sales Agent
Vicki Harrington, Sales Agent
Curt Jansen, Sales Associate
Pete Kocefas, Sales Agent

www.century21grayling.com

1. Real Estate

2-3 BEDROOM 2 bath, year round ranch in peaceful setting, on maintained road, near lakes and snowmobiling. Open house Saturday, 12 - 3 pm, 2482 Sandy Trail, south off M-72, 7.3 miles east of Grayling. (586) 446-0004, (586) 713-7500. (LR6/15/06/1)

2. For Rent

FOR RENT nice, clean, 2 bedroom home on 5 acres, 5 miles from town, off East M-72. $500 rent plus deposit. Call 989-348-5428. (5/25/06tf/2)

WEEKLY AND MONTHLY house and cottage rentals near Roscommon, Grayling, on Higgins Lake and on Houghton Lake. Higgins North Vacation Rentals. (989) 821-3434. (12/25/03tf/2)

4 SALE OR RENT mobile homes, $2,000 and up, or $450 and up. 348-5278. (3/16/06tf/2)

RAYNE FOREST RENTALS 1 and 2 bedroom duplexes, $500 per month. 348-5230. (5/25/06tf/2)

RENT TO OWN ELECTRONICS computers, furniture, appliances, jewelry. Easy weekly or monthly payment plan. No credit needed. No obligation. Ask for details about our new "Bonus Buck" program. Call Continental Home Centers today (989) 348-2499. (LR7/27/06/2)

CABINS AT LOST ACRES New paint, flooring, super clean. Rent a cozy cabin year round for $275 - $375 per month, including all utilities. 11010 N. Old US27, 4 miles north of Frederic. 30 wooded acres, walk to lake. $200 security, no pets. Toll free 1-877-227-6976. (4/27/06tf/2)

BEDROOM FOR RENT Enjoy peace and quiet in this AuSable River home, surrounded by woods and wildlife, one mile from Grayling. $325 a month. All utilities are free, including phone, electricity, cable TV and more. 348-2083. (-25-1/2)

2. For Rent

RIVER FOREST APARTMENTS 420 Hannah and 239-249 Ballenger Street in Roscommon is updating the waiting list for one, two, three, and four bedroom units. Rent is based on income with some rent subsidy. Barrier free units in building. Applications on site or call Beverly at 1-800-225-7982. Managed by Stratford Group Ltd, 442 W. Baldwin, Alpena, MI 49707. Equal Housing Opportunity. Hearing TDD 1-800-855-1155. (LR5/25/06/2)

FOR RENT Secluded 2 bedroom house in the woods with full basement, washer/dryer, dishwasher, stove, 2-car garage, private porch facing woods, 5 miles from town near AuSable River public access. $750/month, plus utilities and deposit. No pets. Call 348-2906. Immediate availability. (-25/2)

SMALL 2 BEDROOM 1 bath house, near lake. Very clean, non-smoking, no pets, washer/dryer hookup. 989-348-6801. (5/11/06tf/2)

NEWER 3 BEDROOM RANCH nice neighborhood, 1 1/2 bath, garage, non-smoking, $690. 1056 little John Ave. 348-2178. (5/11/06tf/2)

2 BEDROOM 1 bath house near Lake Margrethe, large utility room with washer/dryer hook up. $525 a month, plus security deposit, and lease. 989-348-4443. (5/18/06tf/2)

NICE, CLEAN 2 bedroom mobile with appliances, washer and dryer. No pets. $425 month, plus deposit. 348-2418. (-18-25/2)

CHARMING, FURNISHED 2 bedroom home with attached 1-car garage, in wooded country setting, on 6 acres, TV, cable. Perfect for 1 or 2 people. 10 miles south of Grayling, convenient to I-75 and US 127. $450 per month, plus utilities, security deposit, credit check. Non-smokers only, please. Call 678-910-0886 to see. (-18-25/2)

2. For Rent

3 BEDROOM RANCH good neighborhood, garage, extensive fully remodeled. $695, rental and employment references. 5986 Rosemary, non-smoking. 348-2178. (5/18/06tf/2)

FOR RENT 4 miles south of Grayling, 2 bedroom, large lot, stove, refrigerator, garage. $450/month, $500 deposit plus utilities. No pets, non-smoking. 390-0804, 348-7002. (-25/2)

3 BEDROOM HOUSE for rent in town, available June 1, $600 a month, plus security deposit. Call Kim at 348-5884 for an application. (-25/2)

FOR LEASE mobile home lot, 2.5 acres. Relocate your mobile home. Located off M-72 near Burton's Landing in Grayling, MI. 14 x 65 concrete slab with hook ups, including 4 inch water well, electric service, and 1,000 gallon septic. $400 per month, $100 discount during winter. 877-365-2006. (LR6/15/06/2)

3. Employment

NOTICE OF OPEN POSITION Posting date: May 16, 2006. Position: Grayling High School Guidance Counselor. Qualifications: Valid Michigan Teaching Certificate with secondary counseling endorsement. Master's Degree in guidance and counseling. Additional information available at 403 E. Michigan Avenue. Apply to: Joseph P. Powers, Superintendent, Crawford AuSable Schools, 403 E. Michigan Avenue, Grayling, MI 49738. Deadline: 4 p.m., May 30, 2006. Crawford AuSable School District, equal opportunity/affirmative action statement. (-18-25/3)

ATTENTION DRIVERS no experience necessary. TMC Transportation needs drivers. $650 per week guaranteed. Off weekends. Local CDL training. 800-882-7364. (LR6/1/06/3)

AVALANCHE OFFICE HOURS: Monday through Friday, 9 a.m. to 5 p.m. 102 Michigan Avenue, Grayling - (989) 348-6811

3. Employment

FULL AND PART-TIME paramedic positions are available at Tri-Township Ambulance Service. Applicants must have proof of state of Michigan paramedic license, and a valid Michigan driver's license. ACLS and PALS certification is preferred. 1 year minimum field experience required. Resumes are being accepted for both Montmorency and Oscoda County divisions. Competitive wages; health insurance benefits for full-time positions. Resumes are to be sent to: Tri-Township Ambulance Service, P.O. Box 275, Atlanta, Michigan 49709. Application deadline: May 25, 2006. (-11-18-25/3)

FLOOR COVERING INSTALLERS wanted in the Grayling area. 231-946-2206. (-18-25/3)

3. Employment

NOTICE OF OPEN POSITION Posting date: May 16, 2006. Position: Grayling Elementary Summer School Literacy Teacher. Qualifications: Valid Michigan Teaching Certificate with elementary teaching experience preferred. Additional information available at 403 E. Michigan Avenue. Apply to: Joseph P. Powers, Superintendent, Crawford AuSable Schools, 403 E. Michigan Avenue, Grayling, MI 49738. Deadline: 4 p.m., May 30, 2006. Crawford AuSable School District, equal opportunity/affirmative action statement. (-18-25/3)

REAL ESTATE SALES POSITION available. We are seeking someone who desires a professional career and is willing to work hard to become successful. We offer liberal commissions, no desk fee, and plenty of assistance. If you have a Michigan real estate license, great, if not, we can help. Get your resume together and contact Century 21 River Country Real Estate to set up an appointment to discuss a new and rewarding career, ask for Randy. 348-5474. (LR6/1/06/3)

LARGEST COURIER COMPANY in midwest looking for independent contractors. Must have cargo van. Call for inquiries at Grayling office, (989) 344-0499. (-18-25-1/3)

FIREFIGHTERS WANTED

Beaver Creek Fire Department has 3 positions open for paid, on call firefighters. All necessary training will be provided. Contact BCFD at 989-275-8548 from 9am - 5pm, Monday through Friday for application.

Beaver Creek Fire Department is an equal opportunity employer.



DRIVERS

CLASS A DRIVERS and OWNER OPERATORS

Company Drivers:
- **HOME EVERY WEEKEND**
- 40 - 42¢ / mile - **ALL MILES**
- $800/week Guaranteed
- Great Benefits & 401(k)
- 2005 & Newer Tractors
- Single & Double Dump Trailers
- 1 Year OTR Experience

Owner Operators:
- **HOME EVERY WEEKEND**
- $1.12 - $1.40 / mile
- **100% Fuel Surcharge**
- $2,240/Week Guaranteed
- Paid Base Plate Available
- Company Fuel Cards
- Insurance Available

Please apply online at www.stonetransport.com/employment or call Recruiting at 888-790-2768

STONE TRANSPORT

Utility / Operations Associates

Weyerhaeuser, a global leader in the forest products industry, has the following opportunity available at our Grayling Structurwood mill.

As an associate of an operating team, you will be responsible for general and preventative manufacturing / production functions, utilizing reliable processes for continuous improvement of mill operations. Position necessitates the ability to lift up to 50 pounds and work rotating shifts, including weekends and holidays. This position requires a HS diploma, 1+ years work experience, a current Michigan State Drivers License, a good driving record. Other requirements are mechanical aptitude, good math skills, ability to problem solve, good communications skills, ability to work in self-directed work team environment. A security background check, physical examination and preemployment drug screen will be required.

Send resume by 5 p.m. Friday, June 9, 2006 in person or by fax to: Michigan Works Attn: Kay Cosgray, 4595 Salling Rd., Grayling, MI 49738, 989-348-4998 (Fax) - Please note that you are applying for a Weyerhaeuser Utility / Operations position on your resume.

Weyerhaeuser is an Equal Opportunity Employer, building a capable, committed, diverse workforce.

Weyerhaeuser Company

The future is Growing

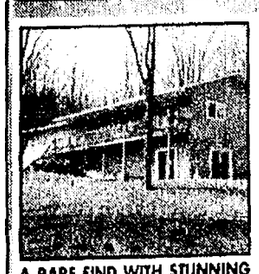
1. Real Estate



RE/MAX of Grayling

Debbie Bondar-Boukoski

Associate Broker



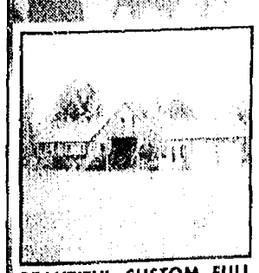
A RARE FIND WITH STUNNING & CAPTURING VIEWS FROM ALMOST EVERY ROOM. 30 beautifully wooded acres plus over a 1/4 mile frontage on Kolka Creek. A very nice ranch home with full walkout lower level. Oak cabinets, ceramic, oak interior doors & window sills, and vaulted ceiling. An abundance of wildlife, serenity and all situated within hills & valleys: adjoins state land on 2 sides. DBB - 2305 $248,900



A WONDERFUL OPPORTUNITY TO BE ON LAKE MARGRETHE on all-sports 2000 acre lake, with ownership in this large family home on the canal. 4 bedrooms, 2.5 baths, family room, rec room, large screened in porch facing the canal plus a large country kitchen with dining area & brick fireplace. Very nice hardwood floors & wood stove. Deeded beach access, parks & more. Park your boat at your doorstep! DBB - 2306 $294,900



PERFECT RECREATIONAL RETREAT or 3 bedroom residential home. New vinyl siding, new windows, and central air. Roof is only 5 years old, plus a fairly new furnace in the basement. Attached garage with woodstove. All appliances including central air conditioning. Put your extras in the 30'x40' **POLE BARN.** Within walking distance to the West Branch of Big Creek. $99,000 DBB-2117



BEAUTIFUL CUSTOM FULL LOG HOME on the 12th fairway of Fox Run Estates. All knotty pine & log interior; large & spacious kitchen w/island and built-ins. Cathedral ceilings, open staircase and field stone fireplace. Loft, plus attached year around breezeway. Truly a "must see!" DBB-2148 $224,900



QUALITY CONSTRUCTED RANCH HOME, situated on 5 acres and offering a **full basement.** 1.5 baths, Pergo floors, Hickory kitchen cabinets, PLUS an awesome quality built **30 x 40 Pole Building** (with 4 windows and 12x9 door). Vaulted ceiling in kitchen, dining and living room area. All Anderson windows, well insulated, gas LP freestanding fireplace w/blower, solid birch interior doors, plus spacious vinyl front deck. All appliances included. Furnishings are negotiable. Set back off the road in an extremely quiet setting. Appointment necessary. $131,900 DBB-2337



A LANDLORD OPPORTUNITY AS A DUPLEX, or live in one unit and rent out the second unit. New vinyl windows throughout, all new vinyl siding, and brand new roof and furnace. New carpeting and vinyl flooring on lower and upper levels; new stove and refrigerators. Double city lot; extra lot is vacant and is included in this listing. Lower & upper levels have been steadily rented, however, are currently vacant and ready for immediate occupancy. lower $475/upper $525 w/partial utilities $99,500 DBB-2308

NEW LISTING



WITHIN WALKING DISTANCE TO LAKE MARGRETHE. This 4 bedroom, 3 bath home offers a very nice wooded setting with extensive decking overlooking the pond, a dining room with three sides of windows, pine trim, Berber carpeting and a floor plan that offers 2 kitchens. Perfect for a full separate living area on lower level. Attached garage, A Must See! $169,000 DBB-1455

Office: (989) 348-7440

Toll Free: 800-731-4002

"Assisting you in your real estate needs. Contact me to list your property."

www.remax-grayling-mi.com

Email: DebSellsFor[illegible].com

Honor & REMEMBER

1. Real Estate



Very nice 3 bedroom, 2 bath home with view of all-sports Lake Margrethe. Charming sunroom with electric log fireplace. Large 2-car garage with attached workshop. Basement is set up with a wet bar for entertaining family and friends. House on 2 lots (30 & 31). $115,000. Adjacent lots 16 & 17 available to purchase for $16,000 after the sale of the house. Home and all lots available for $131,000. #238381 $115,000

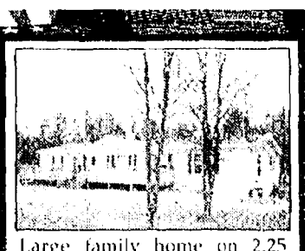


203 feet of frontage on the Upper AuSable River. Excellent brook trout fishing. House in very private setting with 3 bedrooms, 2 bathrooms and a large deck. Lot size 203 x 655 x 216 x 716. Total sq. ft. 1104 #244915 $134,900

Don't believe everything you hear! Business is good... Coldwell Banker Cornell Realty has already had over $4,225,550 in sales volume for 2006



Trout fishing/snowmobiling cabin or first home. This meets all the needs. Located between Foute's Landing and Keystone landing with the AuSable River less than 1 mile away. Lots of trails close by. 1 year home warranty included. #244932 $75,000



Large family home on 2.25 acres. Large master bedroom with bath, dining room and family room, and poured walled full basement that includes exercise room. #244972 $105,000



Impeccably cared for mobile home in AuSable Woods with all the amenities. 2 bedrooms, oak cabinets, screened porch and deck, metal roof. Very nice!! #239288 $44,900

COLDWELL BANKER

Cornell Realty Grayling

2003 S. I-75 Business Loop

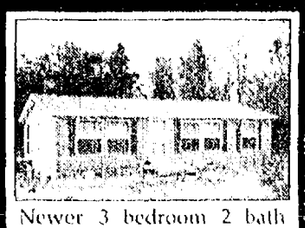
800-300-6653

989-348-6481

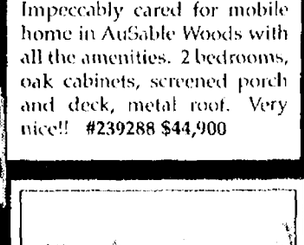
COLDWELL BANKER PREMIER OFFICE



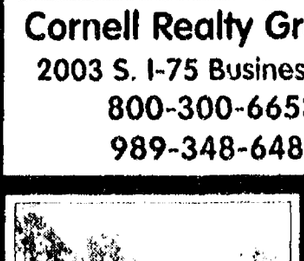
Visit our listings at www.cbcornell.com www.coldwellbanker.com



Newer 3 bedroom 2 bath home, ready to move right in, close to town, easy access to I-75 located just a couple of miles from property. # 244884 $69,900



Hunters and Snowmobilers Paradise! 32 acres up to state land. 1720 square feet, 3 bedroom, 2 bath home with full basement and detached, insulated and heated garage. 3 season wrap around porch. Many recent updates, including kitchen, roof, appliances & boiler. Very energy efficient. #236329 $225,000

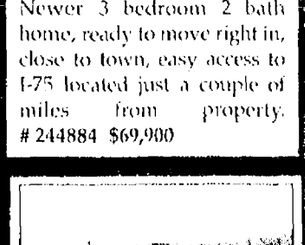


Clean and ready to use. Great trout fishing cabin between Stephen and Wakeley Bridges completely furnished with 6' x 14' covered porch and shed. #244937 $42,500

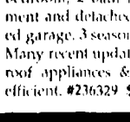
Honor & REMEMBER



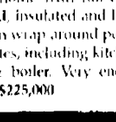
Great home on Manistee Lake canal with 84' of frontage. Has seawall with power for your boat. Wonderful fenced-in yard, wrap-around deck, 3 bedroom, 2 baths, large great room and cozy breakfast area. 2 car garage is divided in half for private work area. 800 acre Manistee Lake is all sports, good fishing, plus great winter & summer sports area. #238026 $168,900



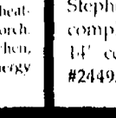
Pride in ownership shows in the upgraded 3 bedroom home offering an open floor plan, recessed lighting, Island kitchen with oak cabinets and pantry, skylites, 200amp electric, master suite with jet tub and walk in closet off the bath. 7 1/2" sidewalls, stone fireplace, 2 decks, 26x32 pole barn / garage w/windows, 8' doors and 10' sidewalls. #245053 $120,000



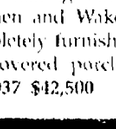
Laurie Jamison, Broker, Owner



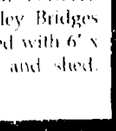
Bonnie S. Odell, Office Manager, Associate Broker



Curly LaMotte, Associate Broker



Diann S. Murphy ABR, Associate Realtor



Brenda Ross, Associate Realtor



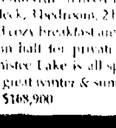
Duey LaMotte, Associate Realtor



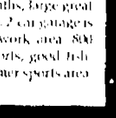
Sherri Gallagher, Associate Realtor



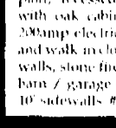
Fred Shippy, Associate Realtor



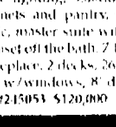
Rick Anderson ABR, Associate Realtor



Ranee Pensyl, Associate Realtor



Helena Gasser, Associate Realtor



Judy Woodland, Office Administrator

3. Employment

CDL A DRIVER Gaylord area, local delivery. Driving 24' flatbed boom with pup, for delivery of drywall. Must be able to use stick shift trucks with air-brakes. Job includes physically putting drywall into jobs. Benefits, 401, vacation, weekends off. Must have clean driving record, pass drug screen. Home Acres Building Supply, 2855 D&M Drive, Gaylord, MI. 989-731-5483. (-18-25/3)

CUSTOMER SERVICE R+L Carriers, one of the nation's largest family owned LTL motor freight carries, has an immediate opening at our Roscommon terminal for a Customer Service Representative. Full-time, 1st shift (M-F/7:30 am-4 pm). This self-motivated individual will handle day to day customer service telephone interaction/problem resolution with customers, company drivers, and other internal/external contacts. Starting pay at $9/hr. Will have excellent phone/communication/general office skills, and ability to work in a fast paced environment. Must type min. 30 wpm. Computer literate. Previous customer service preferred. We also offer a complete benefits package that include a 401k retirement plan and free vacation lodging at our employee resorts in Ft. Myers, FL., and Pigeon Forge, TN. Rush your resume to: 2704 W. Federal Highway, Roscommon, MI 48653. Ph: 888-749-4327 or fax to 989-275-8455. M/F/V/D EOE www.gorlc.com www.rlrllc.com (-25/3)

WAREHOUSE & INVENTORY position available in the Grayling area. 231-946-2206. (-18-25/3)

3. Employment

SPIKE'S KEG O'NAILS is now searching for friendly, dependable, and hard working individuals to fill cook positions in our kitchen. Must be available to work evenings, weekends, and holidays in our well known, fast paced establishment. Apply within. No phone calls please. (-25/3)

EXPERIENCED COOK part-time. See Chef Jerry, apply at Skyline Restaurant. No calls. (-25/3)

RN'S/LPN'S Tendercare Gaylord, the area's premier provider of skilled long-term care and rehabilitative services, is accepting applications to fill Nurse Supervisor positions. Full-time, part-time, and 12 hour shifts. We offer a comprehensive benefit package to include: medical, dental, and vision, full tuition reimbursement, paid vacation, sick time, and holidays, matching 401K, flexible scheduling. For additional information or to arrange a confidential interview, please call or send your resume to: Barb Waite, 508 Random Lane, Gaylord, MI 49735. Phone: 989-732-3508. Fax: 989-731-5260. www.tendercare.net (-25-1/3)

GRAYLING COUNTRY CLUB needs night irrigation tec. Must be reliable and have transportation. Call 989-348-6853, leave name and phone number. (-25/3)

SIDING HELPER must be dependable, with hand tools, and experienced in siding application. New construction. 231-258-2531. (-25/3)

THE CLASSIFIED - The perfect place to find that first house. (989) 348-6811

4. Services Offered

ROOFING, SIDING, CUSTOM DECKS power washing. Quality work, affordable prices. 20 years experience. Senior discounts. Free estimates. Call Scott Quality Construction. 348-5817, 390-1526. (LR7/13/06/4)

SEWING, ZIPPERS, MENDING quilter. Ask for Lorrie (989)348-9349. (LR6/1/06/4)

I CHARGE by the job, not by the hour. Yard work, landscaping, raking, mowing, painting, detailing, washing, waxing, cars, trucks, vans. Will make them sparkle inside, and shine outside. 348-5081. (LR6/29/06/4)

PROFESSIONAL HEMMING jeans, dresses, slacks, etc. Custom made bedding. 989-344-2444. (3/16/06tf/4)

D. HAWES Northern Driving School--NDS will be offering Segment I and Segment II courses during the spring/summer months. Classes will be held in Grayling on May 1, June 12, and July 6. Roscommon: April 12, June 12, and August 1. Mio: April 12 and June 12. Classes forming now, call for information. Newer model cars and certified, professional instructors. No book fees and no hidden costs. (989) 344-2470. (3/30/06tf/4)

"WE'LL PAINT YOUR HOME like it was our own." Interior/exterior house painting, power washing, deck staining/sealing. Small local company with reasonable rates. Free estimates. 248-420-0043 (cell). (LR6/15/06/4)

KATZ CLEANING SERVICE Quality, affordable, cleaning. Business and residential experience. Call now for our wide variety of year round services. 989-821-5259. (03/9/06tf/4)

4. Services Offered

RTH HOME IMPROVEMENT all your interior and exterior needs. Garages, additions, drywall, painting, roofing, siding, decks, and more. Licensed and insured, free estimates. Rob Harrington 989-344-1383. (-9/16/04tf/4)

ATTENTION, I BUY standing Red Pine timber of all sizes, also maple, red oak, and popple. In business since 1972. Call and leave a message, I return all calls. One acre to 100 acres of Red Pine. 231-898-4852 (LR6/15/06/4)

DRIVERS EDUCATION SUMMER SCHEDULE June 5 and July 10, Segment 1, 2 and road testing. Low prices, most experienced, safe driving record. Contact Howard Lehti, 348-8838, for materials. (LR5/25/05/4)

GET THE VELCRO SEWN on your ACU's. Call Seams Like Home, 348-7220. (LR5/25/06/4)

AUSABLE TREE SERVICE Tree removal, trimming dead and dangerous limbs, also balancing and pruning. 20 years experience, licensed and insured. 989-348-4217. Message, 386-986-9778. (-18-25-1/4)

VIDEO/DVD Custom DVD's - created for weddings, graduations, memorials, promotions, and special occasions. Free estimates. Call Ed, 989-732-9829. (LR5/25/06/4)

EQUIPMENT RENTAL Kabota backhoe/loader, by the day or week. $150, delivery available. Call 989-348-9714. (LR7/27/06/4)

CARPET INSTALLER has several roll's of carpet and vinyl in stock. Carpet starting at $12.99 per yard, installed. Also, re-streches, repairs, and installation, plus custom tile work. 348-4768. (LR6/15/06/4)

MILLTOWN FENCE All types, installed and repaired. Free Estimate. (989) 348-9188. (LR8/31/06/4)

SPRING CLEAN UP yard work, tree, brush, and rubbish removal. Call Scott for free estimate. 348-4531, 390-4610. (LR6/15/06/4)

4. Services Offered

BOBCATS FOR RENT $145 per day. Excavator, $225 per day. Delivered to Roscommon and Crawford counties. Adjacent counties, $25 delivery surcharge. 989-275-8488. (LR6/8/06/4)

YARD WORK mowing & raking, chain saw work, truck, tools, firewood, hauling debris to landfill, anything else. 30 plus years experience. Call Jerry, 989-348-7046. (-18-25/4)

NEED YARD WORK DONE? I rake, mow, pick up brush for $10 an hour. Call 348-5257, ask for Ray. (-25-1/4)

5. For Sale

FREE LAWRY SPINET PIANO plays great, needs tuning, Fruit wood. Call 989-348-4946. (-25/5)

VERY NICE used appliances at P & C Appliance Service. 348-0167. Several refrigerators, electric dryer, gas range. (-25-1/5)

QUEEN SIZE MATTRESS set with Amish made pine log headboard and free frame still in plastic, never used. Cost $800, will sacrifice for $235. Call (989) 539-3910. (7/3/03tf/5)

28' GOLFSTREAM with slider, double bed, full size shower, fully loaded, never licensed. 348-3176. (-25-1-8/5)

QUEEN SIZE PILLOW TOP mattress and box springs new in plastic with Amish made pine log headboard. Cost $995 will sacrifice for $285. Call (989) 539-3910. (7/3/03tf/5)

AMISH BUILT pine log bed. Queen size, beautiful, must see. Will sell for $265. Queen size mattress set, new in plastic with free frame will sacrifice $150. Call (989) 539-3910. (7/3/03tf/5)

CABIN LOGS rough sawn lumber, kiln dried lumber, tongue & groove, log siding, custom sawing. T. Warran Sawmill. 989-619-0840. (LR8/31/06/5)

POLARIS ATV 250 Xplorer 99 model. 325 mag Sportsman 500, 96". (3) wheel barrow. Back pack blower. 989-344-0905. (LR5/25/06/5)

1984 POP UP CAMPER good condition, sleeps 6, $1,000/OBO. 989-348-5375. (-25-1-8/5)

5. For Sale

2 AUCTIONS Sat., May 27 & Mon., May 29, 10 am, Mio. May 27: furniture, household, guns, knives, sportsman, advertising, garage & outside, boats, JD mower, coins & more. May 29, Charles Estate of Atlanta: furniture, clocks, glass, pottery, household, garage & outside, paddle boat, pool table & much more. View full listing & many pictures online or call. Lets Talk Auction Company. (989) 848-5158. www.LetsTalkAuction.com (-25/5)

1996 JAYCO pop up camper, sleeps 8, king/queen bed, furnace, refrigerator, screened porch, excellent condition. $2,500. 989-348-9167 or 586-322-7766. (-18-25/5)

FOUR WINNS DECK BOAT 19', excellent condition, 140 hp I/O, $3,850. Can be seen at Terry's Sport Center, West M-72, ask for Eric. 989-348-7513. (5/25/06tf/5)

PARKING LOT AUCTION June 3, 10 am, Mio. Call and reserve your spot now. 989-848-5158. Lets Talk Auction. (-25/5)

16' HOBIE CAT excellent condition, includes trailer, well maintained. Can be seen at Danish Landing/Margrethe Manor. 616-776-2561 or 616-654-5434. (-25-1-8/5)

SUNDANCE 2-man spa tub, 24 jets, $1,700. 348-0187. (-25/5)

WEIDER 8510 weight bench with butterfly and leg curl, $100. 348-0187. (-25/5)

1994 18' STINGRAY power boat. 135 hp, Merc. cruiser, I/O, excellent condition, low miles, $4,750. Call 348-4432. (-25-1/5)

PONTOON HOIST aluminum 24' boat or smaller, electric winch, like new, $1,100. 989-348-4443. (5/25/06tf/5)

9. Personals

From Cutie to Beauty



Happy Birthday
Love Mark & Shantina



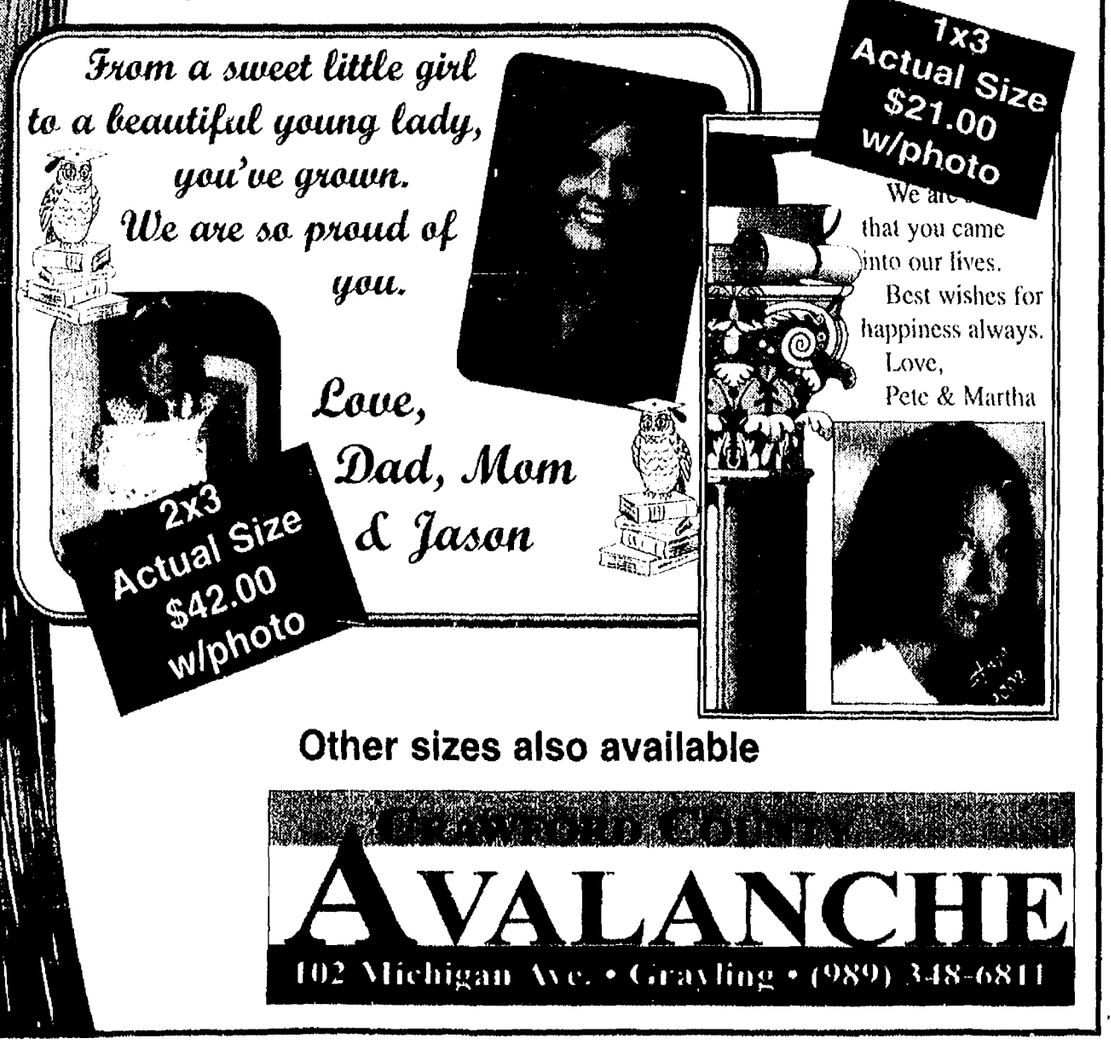
SPOTLIGHT YOUR GRADUATE

Put your favorite graduate in the spotlight now by reserving space in the special graduation section for the GHS Class of 2006.

This pull-out, keepsake section will feature the Class of 2006 with individual photos and the plans of each graduating senior, plus, photos and articles relating to the class activities and accomplishments.

These pages will be published in the June 1st edition of the Avalanche.

Deadline to have your graduation greeting to be included in this section is Fri.., May 26, 2006. Call or stop in our office today.



Other sizes also available

Crawford County AVALANCHE
102 Michigan Ave. • Grayling • (989) 348-6811

4. Services Offered

Portable Toilets For Rent
Day, Week or Month
Jack Millikin, Inc.
Since 1941
Complete Septic Tank Installation & Cleaning
989-348-8411

HARDBODYZ SPORTS CLUB
SENIOR FITNESS DAY!
MAY 22ND ~ 348-7199
GET ACTIVE AMERICA!

5. For Sale

KUK'S NURSERY
Excellent time to plant potted shrubs and trees and see them in full color
HUNDREDS TO PICK FROM AT LOW SPRING PRICES
Located 8 miles North of Roscommon on Old M-76 (S. Grayling Rd.) Northbound I-75 exit at 244 mile marker, turn left, 1 1/2 miles to blinker, then right 3 miles on Old M-76 (S. Grayling Rd.). Southbound I-75 take 251 mile exit. Turn South on Old M-27 to the Moose Club then left on S. Grayling Rd. for 1 1/2 miles.
989-275-8491
OPEN EVERY DAY
9am - 5pm, except Tues. and Wed.

7. Miscellaneous

HARDBODYZ SPORTS CLUB
CORE TRAINING CLASS
MAY 24TH 6PM ~ 348-7199
GET ACTIVE AMERICA!

8. Announcements

HARDBODYZ SPORTS CLUB
SUMMER SHAPE UP CLASS
MAY 25TH 6PM ~ 348-7199
GET ACTIVE AMERICA!

8. Announcements

Cost-Effective Statewide Coverage

MPA MICHIGAN PRESS ASSOCIATION
Michigan Press Association
827 N. Washington Ave.
Lansing, MI 48906-5199
Phone: 517.372.2424
Fax: 517.372.2429
www.michiganpress.org
wendy@michiganpress.org

Place your 2x2 display ad and reach over 3.5 million readers for just $999! Place a 25-word classified ad and reach over 4 million readers for just $299! Contact this newspaper or Wendy and Christine at Michigan Press Association.

A Gold Mine in Bedroom Drawers

Newswire: People are selling their old scrap gold that is gathering dust for its cash value because gold prices are so high. With the price of gold at a 25 year high (over $650.00 per ounce), it makes sense. GoldKit.com, a gold recycler, offers free insured recycle kits so people may cash in their scrap with 24 hour service and guarantee satisfaction. They accept broken and outdated items like chains, charms, rings and more. "Everyone has bits of gold just lying around which can be turned into cash" says Richard Zakroff, VP of marketing. "Even old dental gold has value." GoldKit.com processes over 10,000 recycle Kits per month. People can get a free GoldKit at 1-800-283-4700 or GoldKit.com.

Urgent news for people who took
SEROQUEL

Seroquel, an antipsychotic drug also known as Quetiapine, has been linked to **diabetes, pancreatitis, diabetic ketoacidosis (DKA) and even death.** If you or a loved one have experienced any of these health problems, **call us now** toll free at **1-800-THE-EAGLE** for a **free consultation.** We practice law only in Arizona, but associate with lawyers throughout the U.S.

Offices in Phoenix and Tucson
GOLDBERG & OSBORNE
1-800-THE-EAGLE
(1-800-843-3245)
www.1800theeagle.com
Open 7 days a week

4. Services Offered

Crawford County Transportation Authority

Weekday Scheduled Services to:

FREDERIC & MAPLE FOREST

Leaves Grayling	5:45 a.m.
Leaves Grayling	6:45 a.m.
Leaves Grayling	9:00 a.m.
Leaves Grayling	11:30 a.m.
Leaves Grayling	1:15 p.m.
Leaves Grayling	3:00 p.m.
Leaves Grayling	5:00 p.m.

LOVELLS

Leaves Grayling	9:00 a.m.
Leaves Grayling	11:30 a.m.
Leaves Grayling	1:30 p.m.
Leaves Grayling	3:30 p.m.
Leaves Grayling	5:00 p.m.

M-72 EAST

Leaves Grayling	6:00 a.m.
Leaves Grayling	7:00 a.m.
Leaves Grayling	9:00 a.m.
Leaves Grayling	11:30 a.m.
Leaves Grayling	1:30 p.m.
Leaves Grayling	3:30 p.m.
Leaves Grayling	5:00 p.m.

BEAVER CREEK & ROSCOMMON

Leaves Grayling	7:30 a.m.
Leaves Grayling	11:00 a.m.
Leaves Grayling	1:00 p.m.*
Leaves Grayling	2:15 p.m.
Leaves Grayling	4:30 p.m.

*The 1:00 p.m. south run does not go all the way into Roscommon.

To request weekday demand response services call dispatch @ 348-5409

M-72 WEST
Demand response service calls worked in between other runs

RURAL HEALTH INITIATIVE TRIPS
Individuals requiring transportation for specialty medical services not locally available may qualify for RHI medical transportation services.

Information regarding RHI medical transportation services can be obtained by contacting: Julee Dean @ 348-8215

SPECIAL EVENT TRIPS*:
Scheduled For May 2006

Trip #1
Tuesday, May 9, 2006
Victories Casino - Petoskey
Departing at 8:30 a.m.
Approximate arrival in Grayling 4:00 p.m.

Trip #2
Thursday, May 18, 2006
"Out to Lunch Gang"
for Oscoda
Lunch someplace and Shopping at the Flea Market
Departing the Center at 10:30 a.m.
Trip organized by the Crawford County Commission on Aging
Contact Elouise Mize @ 348-7123 to reserve a seat

Special event trips require: (1) a minimum of twenty-two passengers; and (2) that passengers less than 18 years of age be accompanied by a responsible adult.

To reserve seats or request information concerning special event trips call Richard or Gary @ 348-4101

COMMUNITY EVENT SERVICES:
Service schedules may be modified to meet increased demand during special community events, such as the Milltown Festival.

To request information concerning expanded services call Richard or Gary @ 348-4101

Avalanche Sets Early Deadline

Deadlines For Memorial Day

The Crawford County Avalanche will be closed Monday, May 29 for Memorial Day, and will reopen at 9 am Tuesday, May 30.

The deadline for display ads for the June 1 issue is Thursday, May 25, 5 pm. Letters to the Editor must be submitted by noon, Friday, May 26. Classified ads by the word must be turned in by Tuesday, May 30 noon.

CRAWFORD COUNTY AVALANCHE
102 Michigan Ave. • Grayling • (989) 348-6811

6. Wanted

WANTED-SCRAP VEHICLES top dollar paid. Pick up available. 888-471-3818. (3/3/05tf/6)

WANTED TO BUY Rittenhouse or Habitant cottage furniture. 248-851-7585. (03/2/06tf/6)

DONATE your left over crafting materials to the Crawford County Libraries for crafting with kids during our summer reading program. Looking for kid "friendly" items: fabrics, felt, scrapbooking leftovers, notions, odds n' ends, water based paints, markers, art paper, etc., and old dress shirts to use as smocks. Please drop off at any library location. Thanks in advance. (-25-1/6)

7. Miscellaneous

CUSTOM SIGNS & LETTERING for your business, truck or trailer. Banners, magnetics, yard signs. Call Pete Kocefas at 989-348-8627. (4/20/06tf/7)

BEAUTIFUL lively, affectionate, male cat, free to good home. Neutered, litter trained, declawed. 348-2178. (-25/7)

7. Miscellaneous

GOING OUT OF BUSINESS Northern Concepts, uptown Grayling, final day is June 30. Hours, May 25 thru June 30: Mon. - Sat., 10 to 5:30, Sun., 11 to 3. (-25/7)

LOST Saturday, May 13, 2006. Our German Shepherd/Husky mix is missing. Her name is Allie and she is 16 years old. She is multi-colored (brown, black, and tan). She has an Indian type collar on with tags. She was last seen on AuSable Trail. She is deaf, medium build, and thin. We have received a few calls indicating that she has been spotted in town. If you have any information please call us at 989-348-6484 (h), (989) 348-9755 (w), or cell #989-710-0089. We are offering a reward. If you do see her please hold onto her. She is very friendly. We want her home. (-25/7)

8. Announcements

BEAR ARCHERY ARTIFACTS WANTED photos, letters, bows, or anything to do with Fred Bear. Please call Pete Kocefas, 989-348-8627, 1-800-848-1268. (-18-25/8)

8. Announcements

OLE BARN Memorial weekend Hip Hop Bash 2006. Featuring: Got Game, May 26 & 27. Door prizes, drink specials. Door cover 18 to 20, $8. 21 and up, $5. (-25/8)

PUBLIC INVITED to a luncheon Thursday, June 1, from 11 to 1 pm, at Michelson Memorial United Methodist Church. Take-outs available. Cost is $5 per person. (-25/8)

GIDDY UP HORSE CAMP at Hawk Hill Farm. Dates: June 13,14,15. June 20,21,22. July 11,12,13. July 18,19,20. August 15,16,17. August 22,23,24. Call Geri at 989-915-1193 or 348-9233. (-25/8)

WHO CAN AFFORD those jaw-dropping fuel bills? Eliminate them with an affordable Central Boiler outdoor wood furnace. We can show you how to start saving money the very first month. Let us go to work for you. Call 348-7484. (-25-1-8/8)

GOING OUT OF BUSINESS Northern Concepts, uptown Grayling, final day is June 30. Hours, May 25 thru June 30: Mon. - Sat., 10 to 5:30, Sun., 11 to 3. (-25/8)

8. Announcements

THE CRAWFORD COUNTY Historical Museum is now open Wednesdays through Saturdays from 10 am to 4 pm. We are asking for volunteers to welcome visitors. Tour the 1882 train depot and discover a rich heritage. (-25/8)

HAVING TROUBLE talking to your teen? Family counseling, GRACE Center. 989-348-2544. (5/25/06tf/8)

HIGHER GROUNDS FREE TRADE coffee beans and Stonehouse bread. Bloomin' Grape. 989-344-2221. (5/25/06tf/8)

9. Personals

THIS MEMORIAL DAY my thoughts and prayers go to all our service personnel who served anywhere overseas, particularly those who went to Vietnam. For all our young people who were killed and wounded, for those who still suffer the after effects of Vietnam, my prayers are with you. My brother Thomas Pardo, I still love you, miss you, pray for you daily. Until we meet again in Heaven, you'll always be my hero. (-25/9)

MICH-CAN STATEWIDE CLASSIFIED

REAL ESTATE

LAKEFRONT AND LAKEVIEW PROPERTIES Nestled in the hills of Tennessee on the shores of pristine Norris Lake. Call Lakeside Realty at 423-626-5820 or visit www.lakesiderealty-tn.com

NO DOWN PAYMENT? PROBLEM CREDIT? If you're motivated and follow our proven, no-nonsense program, we'll get you into a New Home. Call (800) 830-2006 or visit www.AmericanHomePartners.com.

NORTH CAROLINA GATED LAKEFRONT COMMUNITY 1.5 acres plus, 90 miles of shoreline. Never before offered with 20% pre-development discounts, 90% financing. Call 800-709-5253

TN - SWAN RIDGE LAKE RESORT on Dale Hollow Lake, a private, gated community. Enjoy the best of both worlds...Lake-View and Mountain-View Homesites. (931)243-4871 www.swanridgedevelopment.com

VA MOUNTAINS 5 acres with frontage on very large pristine creek, very private, excellent fishing, canoeing, good access, near New River Trail State Park, $39,500. Owner 866-789-8535 www.mountainsofVA.com

FINALCIAL SERVICES

****ALL MORTGAGE LOANS**** Refinance & use your home's equity for any purpose: Land Contract & Mortgage Payoffs, Home Improvements, Debt Consolidation, Property Taxes. Cash available for Good, Bad, or Ugly Credit! 1-800-246-8100 Anytime! United Mortgage Services. www.umsmortgage.com

AS SEEN ON T.V. $Cash Now$ Prosperity Partners pays you the most for your future payments from settlements, lawsuits, annuities, and lotteries. www.prosperitypartners.com 1-800-509-0685

$$CASH$$ Immediate Cash for Structured Settlements, Annuities, Law Suit, Mortgage Notes & Cash Flows. J.G. Wentworth- #1 1-(800)794-7310.

DR. DANIELS AND SON REAL ESTATE LOANS AND BUYS LAND CONTRACTS. Fast Funding, Private Money. Homes, Land, All Property Types $10,000 to $500,000. Any Credit, Any Reason, Deal Directly with Decision Maker. 1-800-837-6166, 248-335-6166 allan@drdanielsandson.com

EMPLOYMENT

****GOT A BUSINESS?**** Dramatically increase sales by accepting all major Credit and Debit cards. 0% Discount rates! Free start up! Free equipment upgrades! 1-800-568-9115

ACCEPTING TRAINEES for Werner, Swift, CR England, others! 16 day CDL! No money down, student financing! Tuition reimbursement avail. Job placement asst. Mon-Sun 1-800-883-0171 x 2

AIRLINE MECHANIC - Rapid training for high paying Aviation Career. FAA predicts severe shortage. Financial aid if qualify - Job placement assistance. Call AIM (888) 349-5387.

CLASS-A DRIVERS - 1yr OTR exp. - Co. up to $.50 cpm, top 13/$.65 - O/O up to $1.41pm. Benefits after 30 days, hometime - new KW trucks. 1-800-879-2486 x 286.

DRIVERS Are you getting the pay and Hometime you deserve? Roehl drivers are! Practical Route Mileage Pay! Sign-on bonus. Students Welcome. Class A required. EOE Call 7 days a week 877-774-5313 www.GoRoehl.com

DRIVERS/DRIVING SCHOOL GRADUATES wanted. Tuition reimbursement. No waiting for trainers. Passenger Policy. No NYC. Guaranteed Hometime. Dedicated and regional available. USA Truck 866-483-3413

HELP WANTED: Want to work for a Michigan newspaper? Get a free weekly e-mail list of newspaper positions available. Visit http://www.michiganpress.org/subscribe.php.

HIRING FOR 2006 POSTAL Jobs. $18/hour starting. Avg. pay $57K/year. Federal Benefits. No experience Needed. 1-800-584-1775 Ref#P8901

LAID OFF? We have full and part time openings. Good starting salary and benefits! Must be 17-34 with a H.S. diploma. Call 1-800-922-1703.

MAKE MORE MONEY IN 2006 with our pay raise! Drivers with just 1 year experience can average $1,150 a week! More experience earns more! Heartland Express 1-800-441-4953 www.heartlandexpress.com

PUBLIC SCHOOLS OF ROBESON COUNTY Teacher Job Fair. We want you! Monday, June 12, 2006, 10:00-5:00, Lumberton Senior High School, 3901 Fayetteville Rd. - Exit 22 - off I-95 in Lumberton. Contact: Russell Kinlaw, Human Resources Specialist. 910-735-2238 - Fax 910-737-9506 kinlawr.psrc@robeson.k12.nc.us www.robeson.k12.nc.us.

TRUCK DRIVER TRAINING ATDS. Train the American Way!!! Highly successful Pre-Hire Program. No employment contracts! Tuition Reimbursement available. To learn more 1-800-999-8012 or www.yourfuturestartshere.com

BUSINESS OPPORTUNTIES

ALL CASH CANDY ROUTE. Do you earn up to $800/day? Your own local candy route. Includes 30 machines and Candy. All for $9,995. Call 1-888-744-4651.

FRANCHISE OPPORTUNITY - Ranked one of the top ten franchise opportunities in the world. CDO named Entrepreneur of the Year by the International Franchise Association. Low start-up costs, growing market. Great territories still available. www.libertytax.com, 877-285-4237

FOR SALE

ALL STEEL BUILDING SALE! "Plus Free Bonus!" 20x28 Now $4200. 25x32 $5800. 30x42 $9200. 40x62 $14,900. Extensive range of sizes. Front end optional. Pioneer 1-800-668-5422

HOMEOWNERS WANTED!!! Kayak Pools is looking for Demo Homesites to display our virtually "Maintenance Free" Pool. Save thousands of $$$ with this unique opportunity! Call Now!! 800-31-KAYAK Discount Code: 522-L15

MISCELLANEOUS

HUSKY METAL ROOFS, Standing Seam. New or Reroofing. 15-colors, Warranteed, Insulation, Steel 2x4 Reinforcement. Trim and Seals, Partial Financing, Homes or Curved Mobile Roofing. 1-800-380-2379

PIONEER POLE BLDGS. 30'x40'x10', $8190.00. 12'x10' All Metal Slider, 36" Entrance, 12 Colors, 2'x6' Trusses. Material And Labor, Free Quotes, #1 Company In Michigan 1-800-292-0679

SAWMILLS FROM ONLY $2,795.00 Convert your LOGS TO VALUABLE LUMBER with our Norwood Portable band sawmill. Log skidders also available, www.norwoodindustries.com - Free information: 1-800-578-1363 ext. 300N

ATTEND COLLEGE FROM HOME. *Medical *Business *Paralegal *Computers *Criminal Justice. Job Placement Assistance. Computer provided. Financial aid if qualified. 1-866-858-2121, www.tidewatertechonline.com

PLACE YOUR STATEWIDE AD HERE! $299 buys a 25-word classified ad offering over 1.6 million circulation and 3.6 million readers. Plus your ad will be placed on Michigan Press Association's website. Contact this newspaper for details.

REACH 3.1 MILLION Michigan readers with a 2 x 2 display ad for only $999 - Contact this newspaper for details.

Crossword Answers

F	L	A	N		J	A	B	O	T		P	O	L	L
R	U	G	A		A	L	I	B	I		I	L	I	A
E	X	E	M	P	L	I	F	I	C	A	T	I	O	N
T	E	D		L	O	A	F			P	H	O	N	E
			C	A	P	S		R	O	P	Y			
B	R	A	I	N	Y		P	U	K	E		H	E	W
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10. Garage Sale

BEAR ARCHERY ARTIFACTS WANTED photos, letters, bows, or anything to do with Fred Bear. Please call Pete Kocefas, 989-348-8627, 1-800-848-1268. (-18-25/10)

MAY 27 & 28 9 am - 5 pm, 206 Mikado. Double stroller, vacuum cleaner, boys 16" bike, and children's clothing. (-25/10)

POLE BARN SALE guns, hunting/fishing items, 4-man Clamshell fishing shanty, wind surfer, generator, snowmobile, snow plow, kerosene heater, 2 vending machines, ceiling tile, like new Schwinn jogging stroller, very nice little girls and larger women's clothing, nice toys, quality sofa, lots of odds and ends. M-72 West of Grayling 15 miles. 26, 27, 28, 9 - 5. (-25/10)

RHUBARB SOCIAL May 23, noon - 5 pm, May 28, 12 - 3. Bear Lake Christian Church, Kalkaska. (-25/10)

FLOWERS $10.99 annual flat. Nature's Nook now open 9 - 6, also open 10 - 4 Sunday, on Memorial Day weekend. 9 miles west of Grayling, M-72. Unique plants available. (-25/10)

GARAGE SALE Memorial Day Weekend. Fri., Sat., & Sun., 9 am to 5 pm. Good stuff. Guns, electric stove, refrigerator/freezer, computers, scanners, & much, much more. 2 miles east on M-72, watch for sign, "Grizzly's Den". (-25/10)

HUGE MULTI-FAMILY SALE 404 Erie Street, Fri. & Sat., 9 to 5. Household & baby items galore. Washer & dryer, travel system, bouncer & much more. Men's, women's, maternity, infant & toddler clothing, boys 0-6 months, girls 0-2T. Name brands. (-25/10)

YARD SALE Fri. & Sat., 9 - 5. 8144 Finch Lane. Girls clothing & toys, Barbies and accessories, men's & ladies clothing, handmade jewelry, plus more. (-25/10)

MAY 26, 27, 28 9 - 5, 4978 Dawn Drive, off Roberts Rd. Chairs, cardioglide, riding mower, lots more. (-25/10)

GARAGE SALE 10785 Hollyberry Trail. S. Grayling Rd, White Pine Drive. Fri., Sat., Sun. (-25/10)

10. Garage Sale

700 PLUM & LAKE Thursday - Monday, 9 - 5:30. Crafts, sports cards, Barbies, beanies, books, albums, movies, games, Elvis and NASCAR stuff, computer, maternity clothes, M.J. Wheatie boxes, more, Star Trek cards. (-25/10)

HUGE GARAGE SALE Friday & Saturday, May 26 & 27, 9 am - 5 pm. Women's and children's clothes, toys, books, games, furniture, household items, Avon, snowmobile, and lots more. 335 Isenhauer Rd. (-25/10)

GARAGE SALE Sat., May 27, 9-5 pm. Old tools, picture frames, books, collectables, old fishing lures/reels, tackle box, old camera, sea shells, Nordic Trak, old wash tub stand w/wringer, old barn scales, household, few knickknacks. Box lots. Most items $1 and up. 4063 W. Dort Rd., Beaver Creek Township between S. Grayling and Oak roads. (-25/10)

2 PONTOONS 1 with Hoosier trailer. 14' boat, motor, trailer, new well pump & tank, welder, axle, planer, boards, camping equip., used concrete blocks, 1 nice Lazyboy recliner, household items, new water heater. No clothes, no early sales. 10-6, Fri., Sat., Sun. 11603 Bradford Drive, 1 1/4 miles south of Waters to public landing, follow signs. (-24/10)

GOING OUT OF BUSINESS Northern Concepts, uptown Grayling, final day is June 30. Hours, May 25 thru June 30: Mon. - Sat., 10 to 5:30, Sun., 11 to 3. (-25/10)

GARAGE SALE Fri., Sat., Sun., 9 - 3. Misc. household, clothes, Halloween, Easter, Christmas decorations, some furniture. 1080 Maybelle Place. M-72 West, 3 miles from town. (-25/10)

SATURDAY ONLY 9 - 5 pm. Self propelled Cub Cadet mower, excellent shape, Avon cranberry dishes, Fenton glass, Boyd Bears, other collectibles, water fountain, tent. 3846 Jones Lake Rd., off Wilcox Bridge Rd., 1st house on left. (-25/10)

GARAGE SALE 1101 Lake Street, May 25 - 30. Children's, baby clothes, and other items. (-25/10)

GARAGE SALE 844 Robinhood Lane, Sat., May 27, 9 - 4 pm. Kids, clothes, misc. (-25/10)

10. Garage Sale

YARD SALE Sat., May 27, Sun., May 28, 9 - 4. 3134 West Jones Lake Road. (-25/10)

BEAR LAKE large sale, May 27, 28, 29, 9 - 4. M-72 West to Lake Valley Rd., follow signs. Western saddle with accessories, some furniture, books, new items. 9-25/10)

HUGE GARAGE SALE May 25, 26, 27. Rain or shine, 9 - 5 pm. Something for everyone. 9 guns, Yamaha Big Bear, cross stitch stuff, material, books, paintball guns, lots of toys, women size clothes, boy clothes size 5 to 12, household items and much more. 10 1/2 miles east of Grayling on M-72 East. (-25/10)

GARAGE SALE 6360 Old Lake Rd. 2 family sale: tools, books, games, toys, sofa bed, matching chair, puzzles, baby and kids clothes, housewares galore, exercise equipment, bedding, coffee table, golf clubs, Christmas tree and decor., much, much, more. 9 - 5, Fri. & Sat. 12 - 4, Sun. All items 1/2 off on Sunday. (-25/10)

GARAGE SALE 221 Dale St., north from North Down River Rd. Wed., May 24 thru May 30, 9:30 am - 5:30 pm. Cook books, baskets, new makeup, Christmas decorations, men's and women's clothing and shoes (many new), mink stole, afghans, blankets, linens, kitchen ware, small appliances, antiques, collectable dolls, jewelry, Country Western and classical L.P. records (all in fine condition), and many other items, everything very clean. (-25/10)

2 FAMILY MOVING SALE corner of Stephan Bridge and Shaw Park, 7 miles east of Grayling. Sat. and Sun. only, 9 am - 6 pm. Men's tools, camper, canoe, craft items, household, misc. (-25/10)

HOUSEHOLD ITEMS and toys. 4325 West Beaver Island Rd., Sat., May 27, 9 am - 4 pm. (-25/10)

MOVING SALE 6369 Kensington Place (road by Comfort Center). Furniture, housewares, duck decoys, 12' aluminum boat, trolling motor, fly fishing, fishing and golf equipment, tree stand, books, etc. May 27, 28 & 29, 9 - ?. (-25/10)

10. Garage Sale

836 S. ROBERTS RD. May 26 - 27, June 2 - 3, 8 - 4. Tools, furniture, jewelry, household. (-25-1sgf/10)

ESTATE SALE May 25 and May 26, 2006, 9 am - 6 pm. Corner of Lake St. and Maple St., Grayling, Mi. (-25/10)

SALE May 26, 27, 28, 29, 9 - 5, 124 Isenhauer. Tons of stuff, loveseat, queen bedroom set, TV, lamp, crocks, entertainment center, books, queen quilts, baskets, old display cabinet, old and new glass and pottery, lawn roller, bike. Monday 1/2 off on most. (-25/10)

225 DALE Fri., 9 to 5, and Sat., 9 to 4. (-25/10)

2 FAMILY GARAGE SALE Moving sale: kitchen table, microwave, golf clubs, coffee table, baby clothes, children's clothes, gas dryer, adult clothes, Graco playpen, books, Christmas items, bike, toys stuffed animals, videos, CD's, double stainless steel sink with high faucet, exercise bike with moveable arms, elliptical glider, collector items, and wooden office desk. Sat. and Sun., 9 - 5. 6158 Libby Rd., Karen Woods, Grayling. (-25/10)

3265 W. JONES LAKE RD. Fri., Sat., 9 - 4. Rain or Shine, including tools. (-25/10)

THE GRAYLING Seventh-day Adventist Elementary School will be having a yard sale on Sunday, May 28. Hours will be 9 am - 4 pm. The yard sale will be at the school, located at Camp AuSable, on M-72. (-25/10)

MAY 26 - 28 9 am - 5 pm. Lots of baby stuff, kids and maternity clothes, misc. items. Everything must go. 6419 Hartwick Pines Rd. (-25/10)

GARAGE SALE Kayak, hunting, bow, fishing rods, lures, mechanics height gage, electric base board heaters, hedge shear, power trimmer, highchair, baby crib, lamps, fishing boat, lots other stuff. May 25 - 29,, 9 - 5 pm. 1567 N. Manistee River Rd., between 612 and M-72 West. (-25/10)

MOVING SALE Sat., Sun., & Mon., May 27, 28, 29, 9 - 5. Cross country skis, snow blowers, chipper/shredder, clothes, kitchen items, garage items. Everything must go. 3310 River Park Drive. (-25/10)

10. Garage Sale

YARD SALE 1218 Ole Dam Rd., May 27 - 28, 9 - 5. (-25/10)

THIS IS HUGE Wellington Farm Park's 2nd annual yard sale taking place Memorial weekend, Fri., Sat., Sun., 9 till 5 each day. Items for everyone, covering 1/2 acre. Military Rd., just south of 4 Mile Rd. (-25/10)

GARAGE SALE Friday, 5/26 - Monday, 5/29. 3489 Jones Lake Rd., 9 am - 4 pm. Household items, clothing, electronics, camping gear, computer stuff, videos, books, LP gas range, microwave, night stands, folding chairs, 2002 Yamaha 4-wheeler, more. Monday is everything must go day. No reasonable offer refused. New items added every day. (-25/10)

YARD SALE May 27, 28, 29, 9 - 6 pm. From Grayling take M-72 West 8 miles to Manistee River Rd., turn right, approximately 3 miles down make right, approximately 500 ft. past Longs Canoe Livery on Chipmunk Trail, 2937. Glass, kitchen table and chairs, vacuums, kids clothes, sewing machine, window air conditioner, kids toys. Weather permitting. (-25/10)

MAY 26, 27, 28 9 - ? Gas stove, women's bike Schwinn, golf clubs, VCR, microwave, home decor., lots of misc. items, all excellent condition. End McIntyre Landing by the lake. (-25/10)

11. Automotive

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1998 SATURN WAGON 63,500 miles, original owner, $3,750. Call 619-6388, leave name and phone number. (-25/11)

1996 FORD CONVERSION VAN has TV/VCR, seven seats, 5.8 liter engine, good on gas. $3,100. 348-1708. (-25/11)

1972 CHEVY S-10 extended cab, 82,500, engine runs good, transmission needs repair. $500/best. (989) 348-5086. (-25-1/11)

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11. Automotive

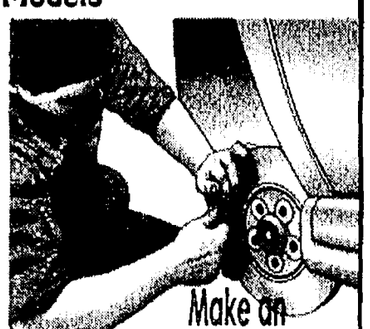
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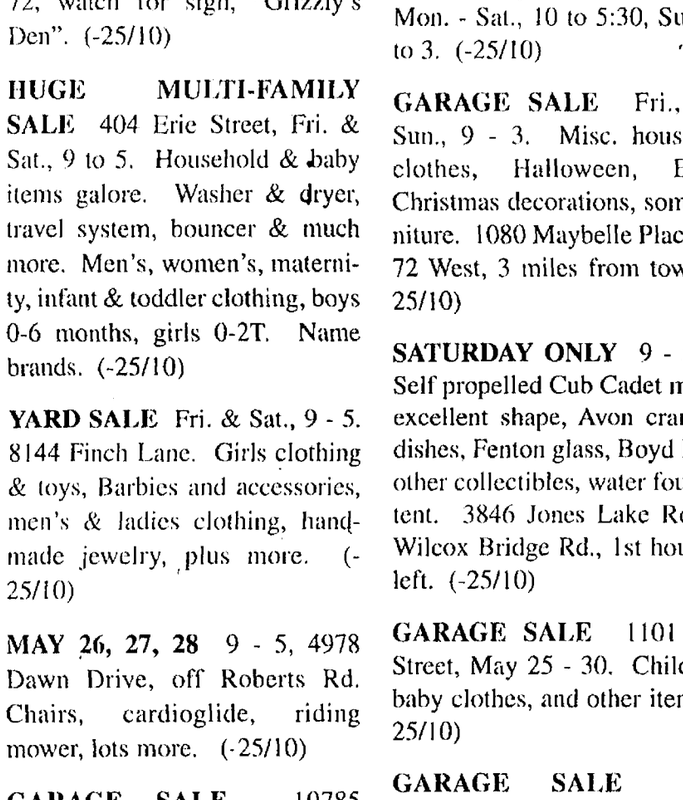
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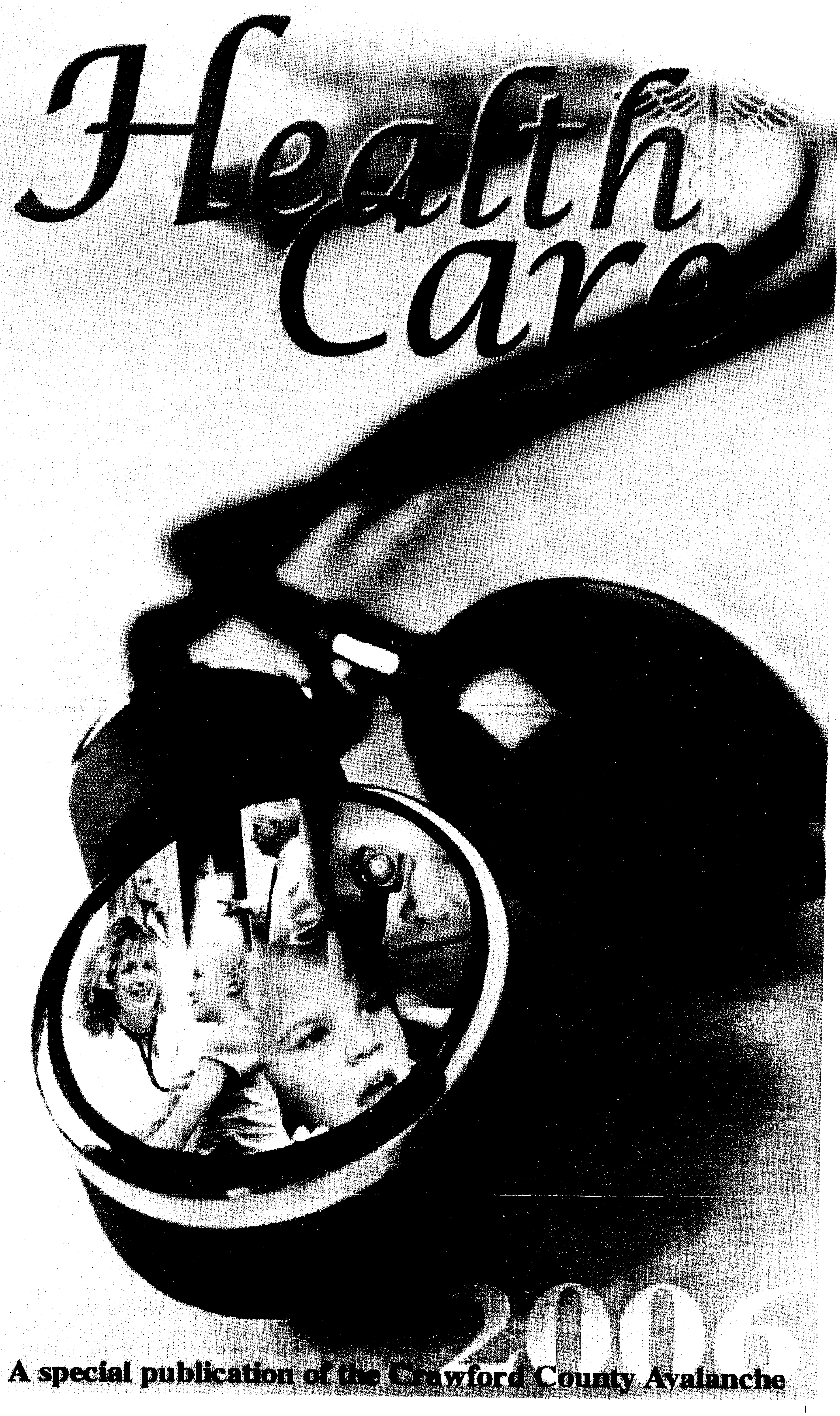
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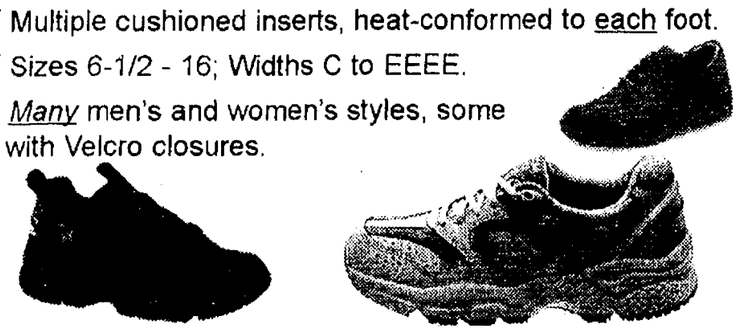
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Top 10 Tips for Better Heart Health

by Jennifer Grossman

(NewsUSA) – How can you make sure your heart will keep going pitter-patter, without going kerplunk? Let us count the ways...

Here are our top 10 tips for a healthy ticker:

1. Fill up on fiber. Not only does fiber help lower levels of LDL ("bad") cholesterol, it can aid weight management. Being overweight raises your risk of heart failure by a third, while being obese doubles it. While two-thirds of Americans are too heavy, only half get enough fiber. Top sources include oats, beans, raspberries, blackberries, oranges and green peas.

2. Go bananas. I did when I learned that 99 percent of women and 90 percent of men don't get enough potassium in their diet. Responsible for regulating the fluid balance in our cells, potassium also blunts the effects of excess sodium. Too much sodium and too little potassium is a recipe for high blood pressure. Strike a healthier balance by cutting back on salt and increasing potassium intake with bananas, potatoes, broccoli and kiwi.

3. Say "no" to that extra cup of joe. Four or more cups of daily brew could elevate blood levels of homocysteine, an amino acid associated with increased risk of cardiovascular disease. Drinking more than two cups of coffee a day can harden the arteries and contribute to arteriosclerosis. Switch to tea; its heart-healthy benefits include lower blood pressure and reduced inflammation.

4. "Beet" heart disease. Beets contain the antioxidant betanin, which can help keep LDL cholesterol from clogging your arteries, according to a study published in the Journal of Agricultural and Food Chemistry. Moreover, this root vegetable is a good source of folic acid, which helps to break down that heart-hurtin' homocysteine. Top sources of folic acid include spinach, broccoli, romaine lettuce and papaya.

5. Become a better listener. University of Baltimore researchers found that people with "dominant personalities" had a 47 percent higher risk of heart disease when compared to their more patient, passive peers. So how do you know if you're "dominant"? Another study identified several markers – including the tendency to interrupt!

6. The "L" word your heart truly longs for: lycopene. This heart-healthy phytonutrient – found in tomatoes, watermelon and pink grapefruit – may lower cholesterol levels and reduce inflammation. Harvard researchers found that eating seven or more servings of tomatoes a week might reduce the risk of cardiovascular disease by 30 percent.

7. Choose healthy fats. Monounsaturated fats (think olive oil, avocado, nuts) – when used in place of saturated fats (think butter, bacon, beef) -help lower cholesterol. Another healthy fat – omega-3 – helps reduce inflammation. Omega-3 sources include wild salmon, walnuts and flaxseed.

8. Don't turn breakfast into break-feast. While skipping breakfast actually lowers your metabolism, going overboard is no better. A new study done at the University at Buffalo found that big fatty breakfasts trigger the release of inflammatory chemicals associated with clogged arteries. So skip the stack of flapjacks and opt for a strawberry-banana smoothie.

9. Ode to soy. Twenty-five grams of soy protein per day can help lower cholesterol, according to the American Heart Association. Soy's other heart-healthy nutrients include folic acid and magnesium (which helps maintain normal blood pressure). Soymilk, edamame, tofu and soynuts are just some of the many ways to enjoy soy.

10. Go for a raise. In HDL cholesterol, that is. Higher levels of this "good" cholesterol can be almost as important as low levels of LDL cholesterol at keeping cardiovascular disease at bay. In addition to exercise, quitting smoking and limiting trans fats, a University of Scranton study found that drinking cranberry juice could help boost HDL levels.

(Jennifer Grossman is the director of the Dole Nutrition Institute.)



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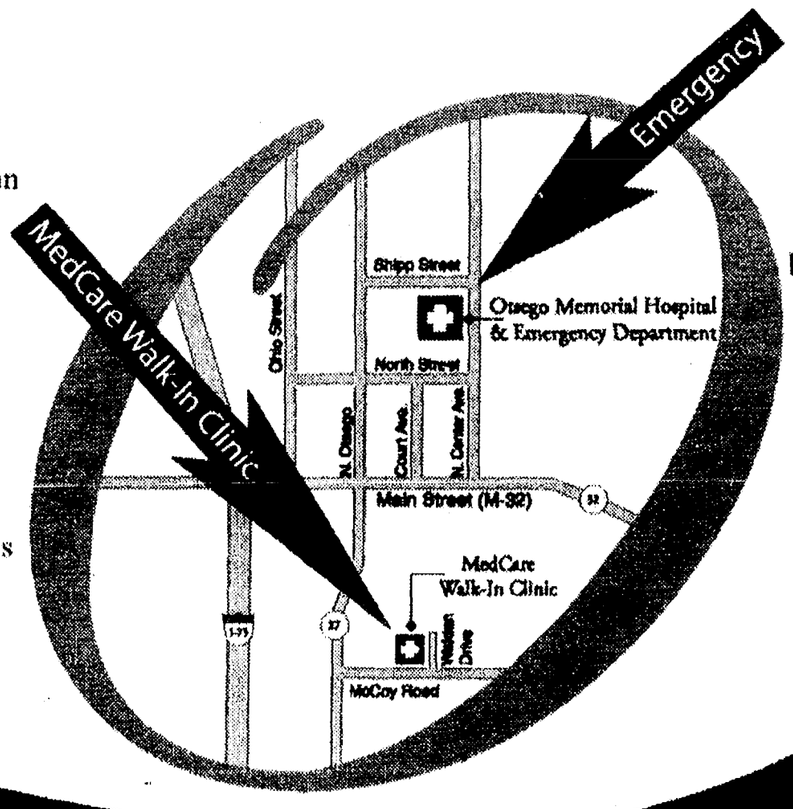
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Heart Disease: Silent But Deadly

by Tresa Erickson

It's quiet...it's deadly...it's heart disease, the number one killer of women in the United States.

Approximately 500,000 women die from heart disease each year, yet according to a survey conducted by WomenHeart: The National Coalition for Women with Heart Disease, more women are concerned about breast cancer than heart disease. Many in fact are surprised when they are diagnosed with it. The disease is quiet, so quiet that some of those who have it don't even know it. Fortunately, there are steps you can take to reduce your chances of developing heart disease.

Start with your diet. Keep a journal of what you eat for one week and then sit down and analyze it. How much fat do you consume? Your fat caloric intake should not exceed more than 30 percent of your total diet in a week's time. What kind of fats do you consume? Keep saturated fats to a minimum and make sure you include some polyunsaturated fats in your diet, such as those found in margarine or cooking oil.

Eat a variety of foods and pay attention to portion sizes, especially protein. You shouldn't eat more than six ounces of protein per day. Although a good source of protein, egg yolks are high in cholesterol. Keep the cholesterol down by substituting whole eggs with one egg yolk and two or three egg whites, depending on the number of eggs called for.

Watch your salt and sugar intake. High salt intake can lead to hypertension, a precursor to heart disease.

Think twice before reaching for the saltshaker and try to limit your consumption of processed foods, which usually contain a lot of salt. Although sugar isn't directly related to heart disease, a diet high in it often translates to a diet high in calories and low in complex carbohydrates, fiber, vitamins and minerals. Grab a banana or apple instead of a snack cake.

Choose healthier foods when shopping, cooking or eating out. Look for words that might signal a food is high in fat, such as "buttered, fried, creamed, au gratin or scalloped." Purchase the reduced-fat, low-fat or fat-free version of your favorite foods. Be wary of the calorie count, though. Some foods may be low in fat but high in calories. If possible, ask that any dressings or sauces be put on the side when dining out and replace ingredients high in fat and calories with reduced versions when cooking.

Pay attention to your

(Continued on Page 8)

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Don't Have An Attack

by Ronda Addy

According to the American Stroke Association, strokes are the third-leading cause of death among women. Over a fourth of women who have a stroke are under the age of 65. These statistics are alarming. Recognizing the symptoms of a stroke or brain attack, as it is sometimes called, and getting immediate treatment is essential.

These are some of the symptoms of a stroke:

- Dizziness
- Sudden problems walking or seeing
- Trouble talking
- Sudden severe headache
- Sudden nausea, vomiting or fever
- Sudden weakness or numbness in the face, arms or legs, especially on one side of the body
- Sudden dizziness or unsteadiness
- Loss of or decreased consciousness

Several factors have been identified by the American Heart Association that can increase the risk of a stroke and heart disease. Some you can control and some you can't. Let's look at those you can't control first.

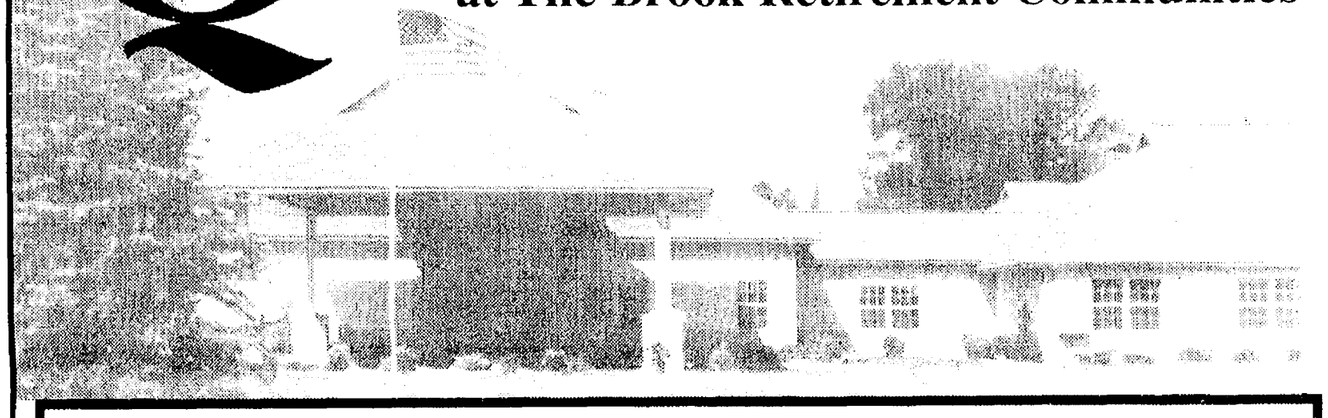
- Age. As women get older, their risk of stroke increases.
- Family history. Chances of having a stroke increase if a blood family member has had one. Race also factors into the risk, with African-American women being at a greater risk.
- Gender. Half the total deaths caused by strokes are women.
- Previous history of strokes. Women who have previously had a stroke are at greater risk to have a second one.

Here are some factors that you can control.

- Alcoholic intake. Excessive drinking can raise blood pressure, thereby causing a stroke.
- Diabetes mellitus. Women who have diabetes are three to seven times more likely to have a stroke.
- High blood cholesterol. Having high blood cholesterol increases a woman's chances of having a stroke.
- High blood pressure. If a woman is 20 pounds or more overweight, has a family history of high blood pressure, is pregnant, is taking a certain type of birth control pills or has reached menopause, she has a higher risk of developing high blood pressure, increasing her risk of having a stroke.
- Physical inactivity. Lack of exercise leads to weight gain, which leads to an increase in the risk of having a stroke.
- Smoking. Women who smoke are at a greater risk of having a stroke.
- Stress response. Unhealthy stress can lead to overeating or drinking, which can increase the chances of a stroke.
- Overweight. Increased weight places women at a higher risk for high blood pressure, high cholesterol, diabetes, high triglycerides, heart disease and stroke.

A stroke can change your life forever. If you are lucky, you can make a full recovery. Women are more likely to recover from a stroke than men. New studies and therapies are continuing to help people reduce their chances of having a stroke. Scientists at the National Institute of Neurological Disorders predict that within the next 10 years, 80% of all strokes will be able to be prevented.

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Blue Is Not Your Color

by Ronda Addy

A frightening statistic released by the National Institute of Mental Health states that one in 10 adults, more than 18 million people in the United States, experiences clinical depression every year. Of those, more than six million women, twice the number of men, experience depression every year. But what exactly is clinical depression? It is a serious mental illness that develops at any age, and while treatable, it is a lifelong condition.

Some facts to know about clinical depression include:

- Women ages 25 to 44 are more likely to experience depression.
- Girls who are entering puberty are more likely to experience depression than boys.
- Married women have a higher rate of depression than unmarried women. It peaks during childbearing years.
- Elderly women are more likely to experience depression than elderly men.
- The number one cause of disability among women is depression.
- Only one out of three women who experience depression gets help.
- Almost 15% of women who experience depression commit suicide.
- There is a strong tie between eating disorders and depression.

What causes clinical depression to affect more women than men? The answer is a combination of factors:

- Biological. Women are more apt to be depressed during their reproductive years. Depression can also occur before menstruation, during and after pregnancy, and before menopause.
- Genetic. Depression can run in families. Someone whose mother, father or sibling experienced depression is 25% more likely to be depressed themselves.
- Psychosocial. Stress brought on by having a job and a family, traumatic life experiences such as rape or abuse, lack of a support system, poverty and sex discrimination can lead to depression. Women who have low self-esteem, are pessimistic and tend to get stressed out are more likely to experience depression.

No two people experience clinical depression the same way, but there are some common symptoms to look for. If you experience any of these symptoms for several days over a two-week period, it's time to see a doctor.

- Crying a lot and feeling persistently sad
- Sleeping too much or too little and not being able to go to sleep or stay asleep
- Loss of interest in things once enjoyed
- Difficulty remembering or making decisions
- Physical symptoms that don't go away, even with treatment
- Thoughts of death and suicide
- Loss of energy or feelings of fatigue
- Loss of appetite and weight or eating too much and gaining weight
- Feeling restless and irritable

The treatment for clinical depression includes:

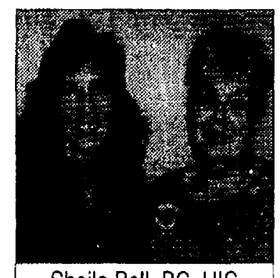
- Psychotherapy. For mild-to-moderate depression, interpersonal and cognitive/behavioral therapy can be effective. For women who are pregnant or are trying to become pregnant, psychotherapy is the best course of action because drugs may harm the baby.
- Antidepressant medicines. There is no indication that antidepressant medicines work better on women or men, but women generally experience more side effects. How long the medication is needed depends upon the degree of depression.

There are also some dos and don'ts to fighting clinical depression:

- Do learn as much as you can about depression and its treatment.
- Do exercise everyday. This will help you feel better and give you more energy.
- Do eat balanced meals and get enough sleep.
- Do take your medicine and/or attend the counseling sessions as prescribed by your doctor.
- Do set small goals for yourself.
- Do stay in touch with family and friends. Avoid isolation.
- Do call someone right away if you are thinking about suicide.

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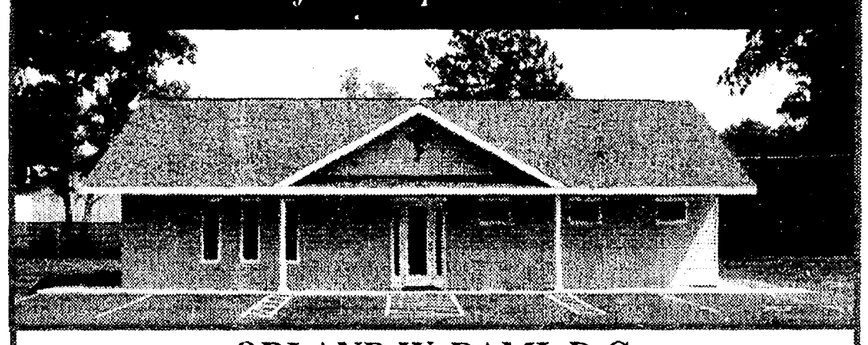
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Food Poisoning: Tips to Keep Your Family Safe

(NewsUSA) – A century ago, food-borne diseases such as typhoid fever and cholera were common. Even though improvements in food safety have conquered these illnesses, many food-borne diseases are still causing harm today.

According to the Centers for Disease Control and Prevention, approximately 76 million cases of food-borne disease occur each year in the U.S. The most commonly recognized food-borne diseases are those caused by salmonella and campylobacter. Together, these bacteria cause 80 percent of the illnesses and 75 percent of the deaths associated with meat and poultry products. Seafood is a leading cause of food-borne illness.

"With properly treated seafood and poultry, and a little food safety know-how, consumers can greatly decrease their chances of dangerous food contamination," said Aaron Ormond, a microbiologist and director of research at Global Food Technologies, a company that produces technology instrumental to food safety.

Ormond offers the following tips to keep your family safe from potentially fatal food-borne illnesses:

- Check color, odor and texture. When purchasing chicken, its coloring should be pink, not gray or yellow. Fish meat should be shiny and firm, not easily separated from the bone and have a fresh, mild smell.
- Inspect the package. Purchase meat and seafood that has received an anti-pathogen treatment that doesn't alter the food's color, smell, taste or appearance, such as those offered by Global Food Technologies. Be sure to avoid products that have outlived their "sell-by" dates or have dents or tears in their packaging.
- Avoid cross-contamination. Use separate cutting boards – one for raw meats and another for fruits and vegetables -- to diminish the likelihood of cross-contamination. Also, wash your hands thoroughly with antibacterial soap before and after handling raw meat and seafood.
- Store at the right temperature. Fresh seafood and poultry should be stored at 40 degrees or below to ensure freshness. When cooking poultry, breasts should be cooked at 170 degrees, whole chicken or turkey at 180 degrees and ground poultry at 165 degrees.

To learn more about food safety and Global Food Technologies, visit www.globalfoodtech.com.



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Nutrition Needs in the Golden Years

by Jennifer Grossman

(NewsUSA) – Many a proverb has been dedicated to how our attitudes and expectations evolve as we pass through life's seasons, but far less has been written about how our nutrition needs change as we enter the golden years.

As we age, we need fewer calories – about 10 percent less per decade from age 50 onward – but not necessarily fewer nutrients. With our bodies' own natural antioxidant systems losing steam, we need to increase our intake of antioxidant-rich fruits and vegetables like artichokes, blackberries, blueberries, broccoli, brussels sprouts, cranberries and dried plums.

Because of this calorie-nutrient paradox, it's more important than ever to choose foods with care, opting for a nutrient-dense diet and avoiding empty-calorie snacks. Fiber, for example, is a macronutrient that too many seniors get too little of. In addition to lowering levels of "bad" cholesterol, fiber helps improve regularity at a time when gastrointestinal distress may become an issue. Top sources of healthy fiber include navy beans, oats, raspberries, oranges and green peas.

Protein is another macronutrient elders need but 60 percent fail to consume in adequate amounts. The body's ability to absorb vitamin B-12 declines with age, and salmon is a great choice as a two-for-one protein and vitamin B-12 source. As a bonus, salmon, sardines, albacore and flounder are good sources of omega-3 "healthy" fats that help boost memory power.

Another nutrient for your noggin is niacin. In a four-year study of 800 seniors, those with the highest intake of niacin – also known as vitamin B-3 – had an 80 percent lower risk of developing Alzheimer's. Niacin sources include portobello and button mushrooms, red potatoes, and once again, salmon – an all-around "superfood" for seniors.

Here's more "food for thought": Onions and apples are loaded with quercetin – an antioxidant that may be even more powerful than vitamin C when it comes to preserving brain cells. The anthocyanins found in berries, grapes and cherries also maintain mental acumen. Tufts researchers found middle-aged rats fed a berry-rich diet performed tasks as well as much younger subjects.

Of course, what's acuity without agility? Help reduce the risk and alleviate symptoms of joint pain by losing any excess weight; a mere 10-pound weight loss can reduce knee stress by 40 to 80 pounds. Those same fruits and vegetables that can help you manage your calorie budget also can reduce your risk of rheumatoid arthritis, according to Harvard researchers. Specific foods for joint health include cherries and pineapple, both of which contain compounds that may inhibit inflammation.

Diminished sense of taste and smell, also a part of aging, may incline you to coat your food with salt at the precise time when blood pressure concerns should suggest limiting sodium intake. Instead of reaching for the salt shaker, try herbs and spices to add extra flavor. Curcumin, a compound in curry, can serve as another weapon in your anti-Alzheimer's arsenal.

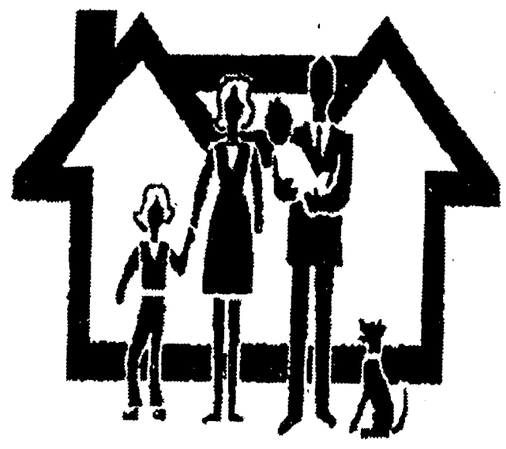
Finally, don't let advancing years become an excuse for sitting on the sidelines. Researchers at the University of California at San Francisco found that for every mile elderly women walk per day, the risk of cognitive decline drops by 13 percent. Such moderate aerobic exercise also improves heart function. Adding strength training can boost your metabolism, build bone density and even lift your libido. All in all, research suggests that those over 65 who exercise at least once a week have a 40 percent lower risk of premature death than their less-active peers.

So get out there, discover new activities, try new foods.

(Jennifer Grossman is the director of the Dole Nutrition Institute.)

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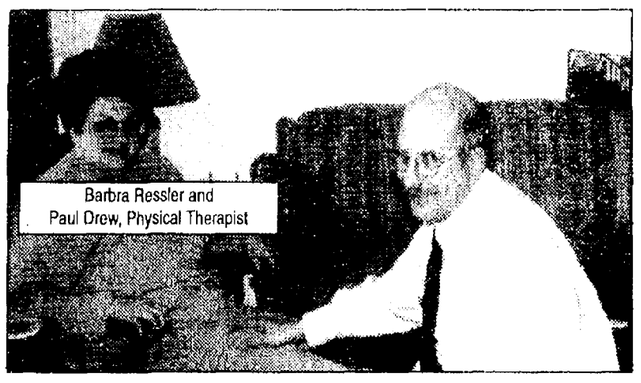
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Alcohol: Health Benefit or Risk?

by Jennifer Grossman

(NU) - We've all heard the news about the potential heart-health benefits of moderate alcohol consumption. It's no wonder such stories grab headlines. They're the nutritional equivalent of the classic media formula of "man bites dog." As for the rest of us, we celebrate by raising a glass to our health.

But whenever I hear one of these reports, I wonder whether it actually ends up doing more harm than good. Most fail to mention the health risks of excessive alcohol* consumption, which will do a body far more damage than moderate consumption will do it good. And they leave the impression that health benefits apply to men and women alike. Not so.

Most of the research regarding alcohol's effects in raising good cholesterol, or HDL, levels looks at men and post-menopausal women. Very little, if any, evidence suggests that alcohol consumption in younger women is beneficial. Even worse, other studies associate younger women's alcohol consumption with increased disease risk.

Up to 4 percent of breast cancers can be attributed to alcohol. According to a recent study in the British Journal of Cancer, every drink increases a woman's chances of developing breast cancer. In a recent summary of 63 published studies, 65 percent of the studies found an association between alcohol consumption and increased breast cancer risk.

It's tempting to dismiss these health risks by pointing to more obvious ones, like excess weight and inactivity. In fact, 54.3 percent of women age 20 to 39 are obese or overweight. But if you're one of them and you're trying to lose weight and increase fitness, drinking alcohol will hardly help you achieve your goals.

Add that much-ballyhooed glass of red wine a day without making any other changes in your diet or exercise, and you'll gain nearly 15 pounds per year. In four years, you'll be 60 pounds heavier, which won't do much to help your heart.

Counting calories from alcohol can be doubly difficult. Not only are these calories less satisfying than those from food, these days they're likely to come in super-sized martini glasses the size of swimming pools. Alcohol sabotages your diet in other ways as well. Lowered inhibitions can lead to overeating, while even one drink can dampen your metabolism for up to 24 hours.

Bottom line: Be honest with yourself. Don't use health claims about spirits as an excuse to justify excessive drinking which endangers your life, liver, looks and limbs. Keep in mind that plenty of other, better ways to improve heart health are out there. Start by getting and staying fit. Exercise at least five times each week. And eat a diet rich in fruits and vegetables, whose antioxidants may reduce the risk of heart disease by reducing the oxidation of cholesterol in your arteries.

Most of all, remember that less is more. And get all the facts before you go looking for your health at the bottom of a glass of booze.

(Jennifer Grossman is the director of the Dole Nutrition Institute.)

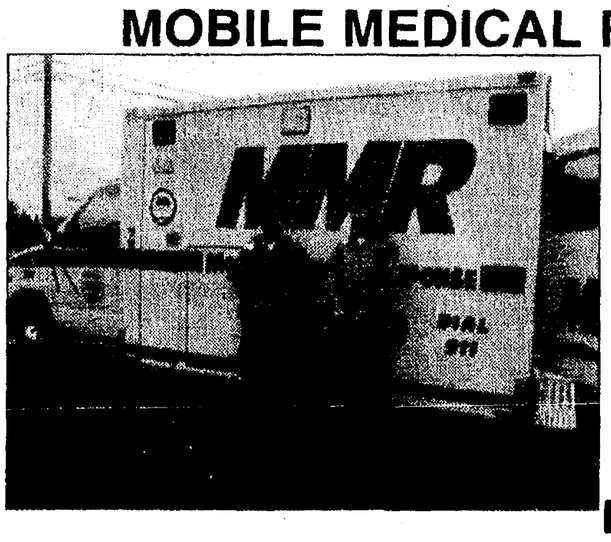
Heart Disease: Silent But Deadly

Continued from Page 3

count, though. Some foods may be low in fat but high in calories. If possible, ask that any dressings or sauces be put on the side when dining out and replace ingredients high in fat and calories with reduced versions when cooking.

Pay attention to your weight. Eat healthy and exercise regularly to maintain your weight. If you are overweight, do your best to shed the extra pounds. Stay away from fad diets, though. They are dangerous and any weight you lose will probably return as soon as you stop the diet. Remember, the best way to lose weight is through proper diet and exercise.

These are just some of the measures you can take to reduce your chances of developing heart disease. If you feel you are at risk, speak to your doctor and find out what else you can do. Treat your heart right and keep it beating strong.

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